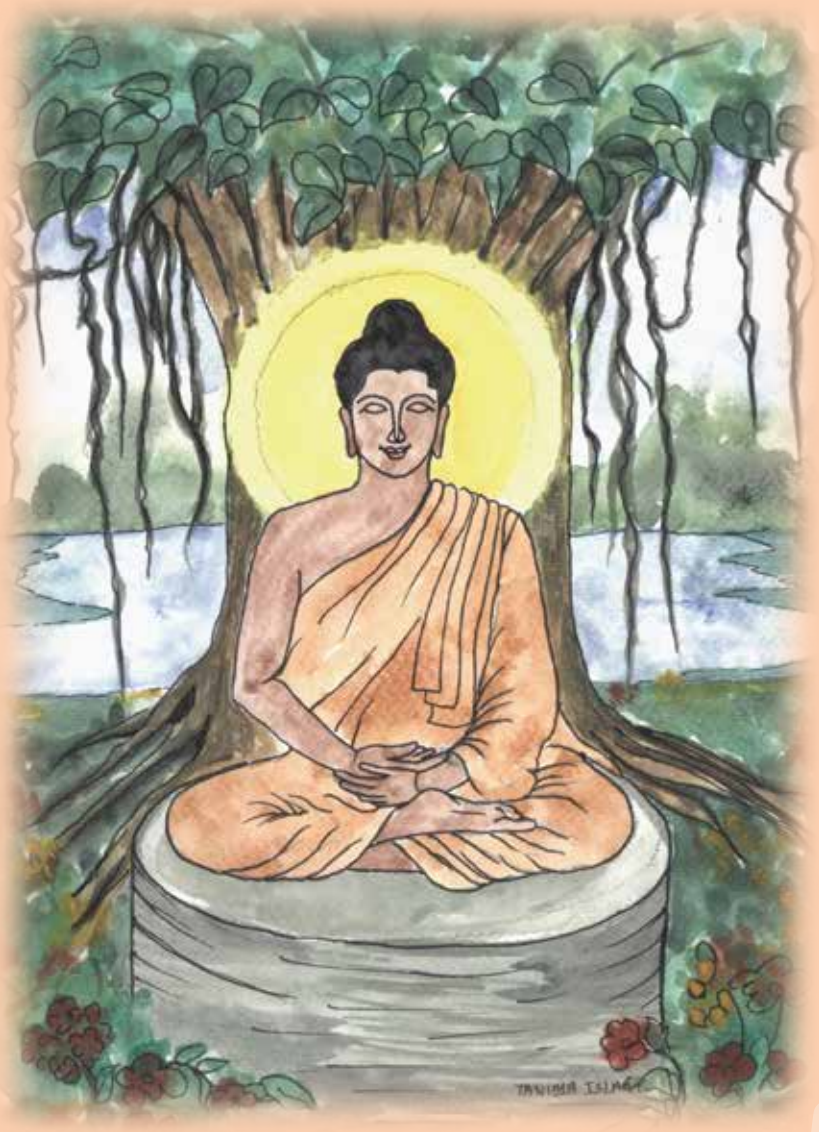
Buddhist Religion Studies

Class Three



National Curriculum and Textbook Board, Bangladesh

Prescribed by the National Curriculum and Textbook Board as a textbook for class three from the acadamic year 2024

Buddhist Religion Studies

Class Three



National Curriculum and Textbook Board, Bangladesh

Published by
National Curriculum and Textbook Board
69-70, Motijheel Commercial Area, Dhaka-1000

[All rights reserved by the publisher]

First Edition Writers, Editors and Translators

Dr. Dilip Kumar Barua
Dr. Jagannath Barua
Riton Kumar Barua
Anupam Barua
Shipra Barua
Md. Momenul Haque
Dr. Dilip Kumar Barua
Geetanjali Barua
Sofiqul Islam
Mohammad Sorrower Morshed Khan

Art Editor

Hashem Khan

Illustration

Tanima Islam

First Edition : October 2023
Revised Edition : October 2024
Reprint : September 2025

Design

National Curriculum and Textbook Board, Bangladesh

For free distribution by the Government of the People's Republic of Bangladesh

Printed by:

Preface

Primary level constructs the foundation of education. A set of well-defined targets and properly planned primary education provide strengths to the entire education system. Keeping this in mind, the primary level has been given supreme importance in the Education Policy 2010. Increasing the span and inclusiveness of the primary level, as the developed countries of the world, have been emphasised. Special attention has been given to ensure that no child's access to education is hindered by social and economic status, religion, ethnicity, or gender identity.

The National Curriculum and Textbook Board (NCTB) has implemented an integrated curriculum to update primary education. While this curriculum trails the pedagogy and the curriculum of developed countries, it also adopts traditional teaching-learning values of Bangladesh at the same time. This has enabled the education to be more life-oriented and productive. In the context of globalisation, the mental health of the children has also been specially considered in this curriculum.

Textbook is the most important component of curriculum implementation. NCTB has always borne that in mind while designing textbooks for all levels and classes including primary level. Curriculum goals and objectives have been prioritised in the writing and editing of each book. A keen eye has been kept on the diverse curiosity and capacity of the child's mind. Special importance has been given in designing the curriculum and textbooks to make teaching-learning interactive and enjoyable. It is hoped that each book will help in the balanced psycho-physical development of children through educational activities. It will support in acquiring the required skills, adaptability, patriotism and moral values at the same time.

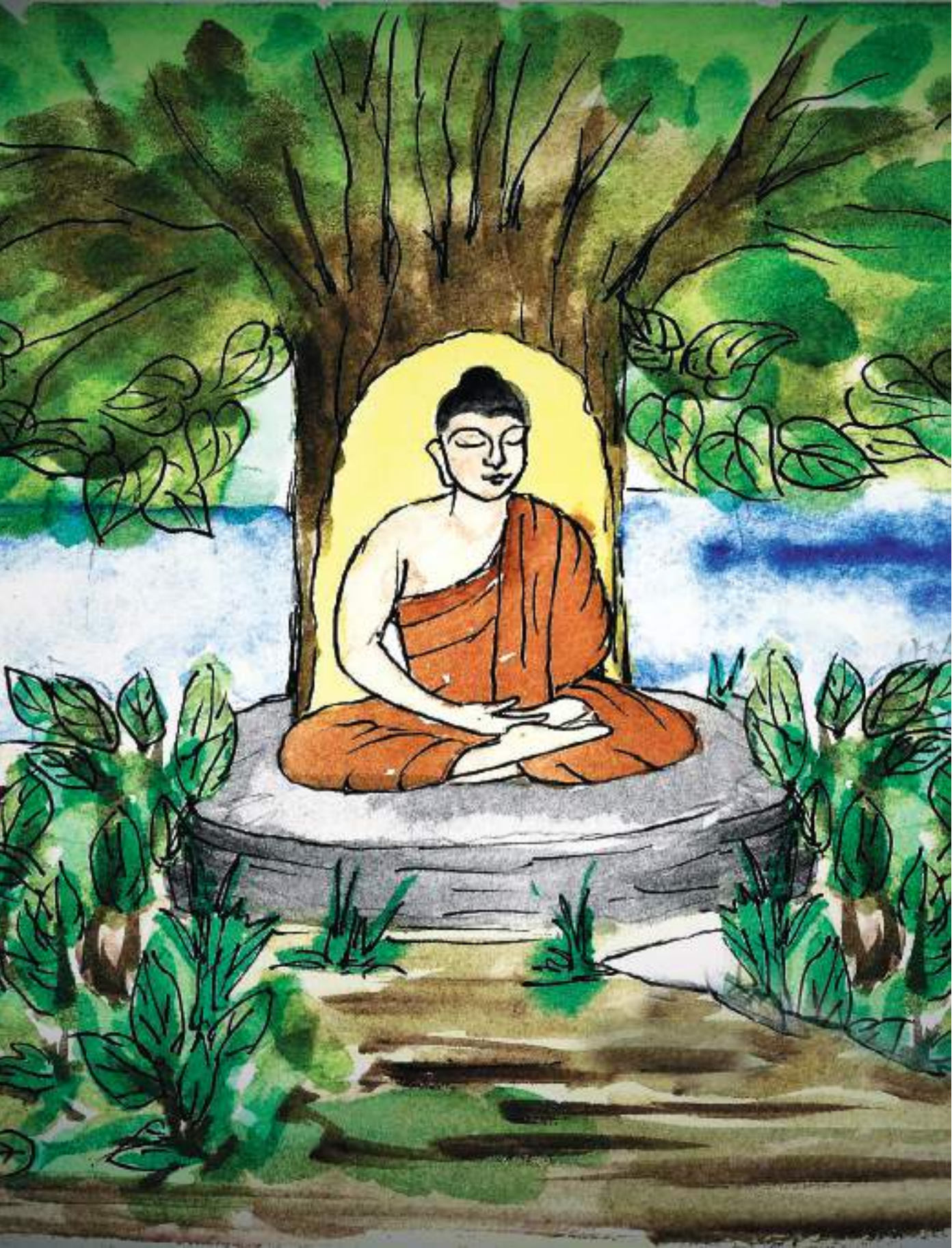
Religion helps arouse emotions and feelings in human beings. There is no alternative to religious education for making an ideal human being and citizen to promote a sense of universal brotherhood. And it is an absolute necessity in the primary level. The religious and moral foundation of a human being is firmly built in this level. Buddhism is one of the four major religions in Bangladesh. The life and teaching of Siddhartha Gautama, the Tipitaka, Silas (Moral Education), Sanghadanas, worships, festivals etc. shall play the role in shaping religious and moral qualities of the Buddhist learners. Being informed and inspired by the beauty and gracefulness of this religion, the Buddhist learners will try to love all human beings. This is our earnest desire.

Special thanks to the specialists and teachers who worked intensively in writing, editing and revising the textbook. Thanks to those also who have made the textbook attractive to children through its design and illustration. This textbook has been revised to address the need in the changed context of 2024. Despite paying full attention, some errors may still exist. Any constructive advice and guidance from the audience will be considered with due importance.

At the end, I wish every success of the learners for whom the book has been produced.

September 2025

Professor Robiul Kabir Chowdhury
Chairman (Additional Charge)
National Curriculum & Textbook Board, Bangladesh



Contents

Chapter	Subject	Page
Chapter One	The Great Renunciation of Siddhartha Gautama and Attaining Buddhahood	01-10
Chapter Two	Introduction to the Tipitaka	11-18
Chapter Three	Vandana	19-24
Chapter Four	Five Precepts (Pancasila)	25-32
Chapter Five	Sanghadana	33-40
Chapter Six	The Stories of Ideal Life	41-48
Chapter Seven	Worships and Festivals	49-58
Chapter Eight	Holy Places of Pilgrimage	59-70
Chapter Nine	Life and Nature in Jataka	71-87

Chapter One



The Great Renunciation of Siddhartha Gautama and Attaining Buddhahood

This Chapter contains-

- Four signs (Nimittas) seen by Siddhartha
- The renunciation of Siddhartha
- Attaining Buddhahood

There are some events or visions which make human being thoughtful or leave impressions on human mind. Discuss in groups and make a list of such events seen by us.

A List
1.
2.
3.
4.
5.

Siddhartha Gautama saw four signs during traveling the city. These signs made him very thoughtful. After seeing these incidents he left home to find out the ways of getting rid of sufferings.

After the renunciation, he attained Buddhahood by severe hardship. In this chapter, we will learn about the four signs seen by Siddhartha, his renunciation, and his attaining Buddhahood.

Four signs seen by Siddhartha

After the birth of the Prince Siddhartha, the sage Ashit foretold, "This baby will be the great king if he continues domestic life. If he renounces the domestic life, he will be the Buddha, and will guide human being towards the way to be free from sorrow". Knowing this the King Suddhodana felt worried, that Siddhartha, his only son, would leave home and become a sage. He took various attempts to abstain his son from being ascetic. He was bringing up his son in royal luxurious and joyful environment. Eventually, Siddhartha was growing up from child to puberty, from puberty to a young man. He was not at all interested in the luxuries of the royal palace. The King Suddhodana felt very anxious to find the indifferent behaviour of his young son. He was remembering again and again the prediction of the sage, Ashit. One day the King informed the Ministers about the indifferent behaviour of his son. The Ministers advised him to marry off the young Prince.



Picture-1: The wedding ceremony of Siddhartha and Yashodhara

According to their advice, the King married Siddhartha off to the Princess Yashodhara of Devodaha. After the marriage of Siddhartha, the King Suddhodana became very happy. He thought that now the indifference of the Prince would be driven away and he would no more leave house to be the ascetic. After the marriage, Siddhartha and Yashodhara had been spending a happy life.

One day Siddhartha wished to travel the city. The father Suddhodana arranged the city tour.

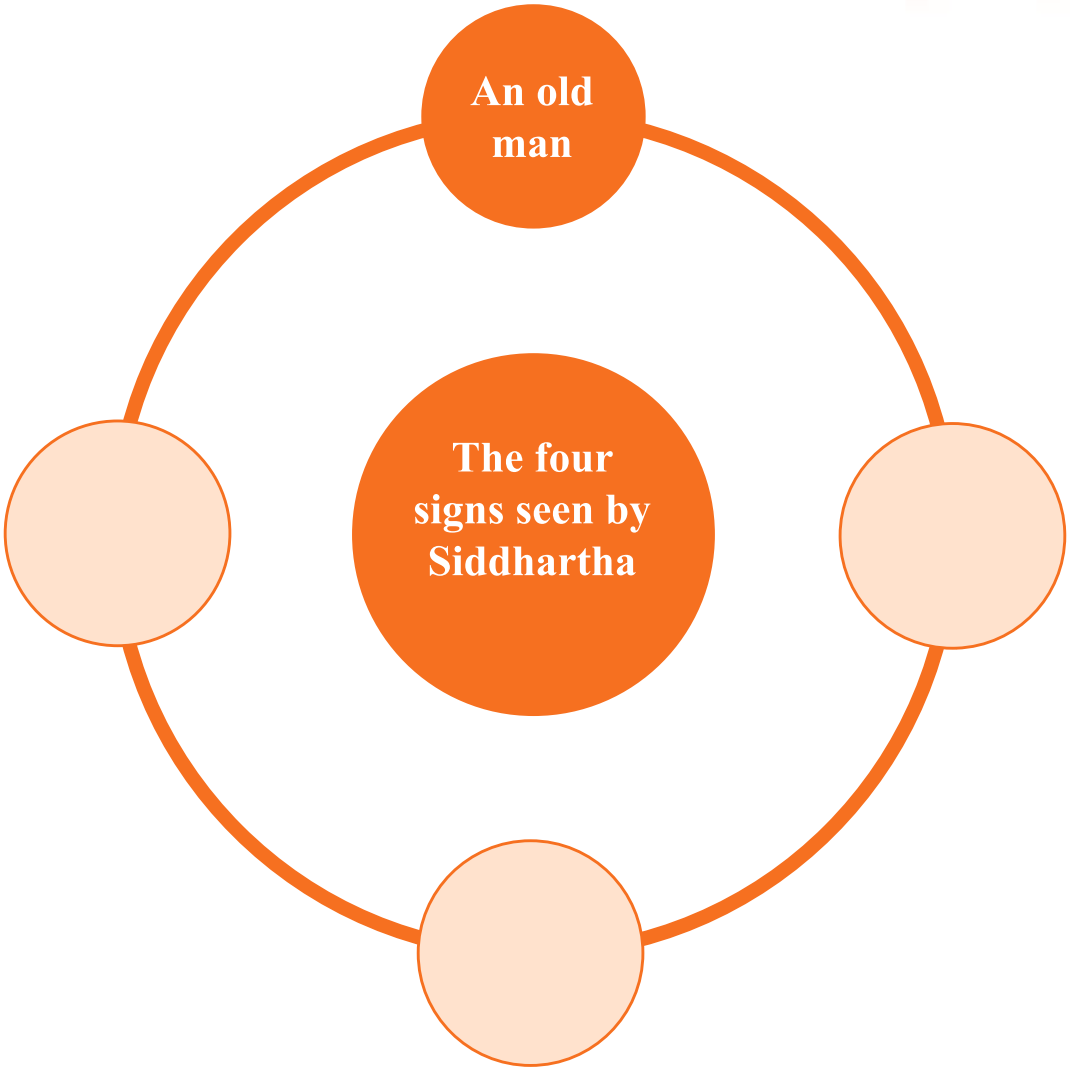


Picture-2: Siddhartha Gautama saw the four events

The King ordered the Ministers, "There should not be anything which can motivate the Prince to be ascetic". The Prince saw four Nimittas (signs) in four days while traveling the city with his chariot-driver Chandaka. Here the word 'Nimittas' (in Pali) means, incident, mark, hints, signs, good or bad symptoms etc. On the first day, he saw an old man walking with the help of a stick with great difficulty. On the second day, he saw a sick person crying in pain. On the third day, he saw some people carrying a dead body to the crematorium and they were mourning. On the fourth day, he saw a young ascetic wearing yellow robe. He was smiling. No sign of worries was found on his appearance. The Prince became pleased to see the ascetic. The four signs seen by Siddhartha are called as 'Four Nimittas'.

Individual work

Mind Mapping: Fill in the gaps with right words



The Renunciation of Siddhartha Gautama

Seeing the four signs, Siddhartha realized that man suffers sorrows when he is sick; when he becomes old; when someone dies. Man suffers when he loses dear ones. Man suffers when he meets someone whom he doesn't like. Man suffers when he doesn't get the desired thing. This is the natural characteristic of human life. The rich or the poor, the king or the subjects, man or woman, every one suffers from these agonies in various ways. He started thinking, "Isn't there any

way to be relieved from all these sufferings?" Thinking about these, he became worried. He thought deeply about the ascetic. At last he decided to leave home in search of the way to get relief from the sufferings.



Picture–3: Siddhartha is watching his son Rahul and wife Yashodhara at a glance before Renunciation

At that moment he got the news of the birth of his only son, Rahul. He became further afraid of being attached to the son's affection. It was the midnight of full moon of the month Ashara. His wife and son were in deep sleep. Siddhartha decided to leave home after having a look at his wife and son.

Afterwards, he awoke the chariot-driver, Chandaka from sleep. The name of Siddhartha's favorite horse was Kanthaka. Chandaka reached there with the horse Kanthaka as Siddhartha ordered. Siddhartha arrived on the bank of the river Anoma riding on the horse Kanthaka. He said goodbye to Chandaka and Kanthaka. Chandaka urged him and tried to take him back home, but couldn't. Chandaka returned to the Palace after saying good bye to the Prince in tears.

Hearing the sad news of renunciation of Siddhartha from Chandaka, there was a bewailing in the Palace. Siddhartha was then 29 years old.



Picture-4: The Renunciation of Siddhartha Gautama

Group work (Brain storming)

Making List: 'The causes of human sufferings' – discuss in group and make a list.

The list
1. Suffering from sickness
2.
3.
4.

Attaining Buddhahood by Siddhartha Gautama



Picture-5: being ascetic by Siddhartha

Before saying good-bye to the chariot driver, Chandaka, Siddhartha gave up all his royal attires including dress, crown, jewelry, etc. He wore the yellow robe. He cut his long hair with a sword. Then he went to the hermitage of the sage Bhargava. He meditated there for few days. But there he didn't find the way to get rid of sorrows. From there he went to Rajageha. In Rajageha he met the king Bimbisara. The king was very pleased to see his calm, quiet and beautiful appearance. He requested the ascetic Gautama to receive the post of the Chief of the Army of his country. But Siddhartha refused his offer and went away to the hermitage of the Sage Arar Kalam. He spent a long period there. Sage Arar Kalam also couldn't show how to get rid of sorrows. He went to various pilgrimages in search of new guides and met many sages. Koundonnyo, Aswajit, Bappo, Mahanama and Bhaddiya accompanied him in his journey. They were the disciples of the Sages Arar Kalam and Ramaputra Rudrak. Afterwards, they were known as the Pancavaggiya Shisya (Five Great Disciples). At last Siddhartha reached the village Uruvela, on the bank of the River Nairanjana. The place was calm and deserted. Here he started his deep meditation. Many days passed.

Siddhartha became thin and weak. He understood it was necessary to keep well and healthy to continue his perseverance. Therefore, he decided to follow the middle path.

There was a village called Senani near Uruvela. He started to go to the village Senani in quest of Alms. As he was weak he could not go far. So, he sat under a large Banyan tree and absorbed in deep meditation. At that time, Sujata, a daughter of the Senani family, offered Payasanna (a dessert item made of milk, sugar and rice) to him. Siddhartha gained strength by eating it. Then he started to meditate again and promised, "Let my bone, skin, flesh become dried. I will not leave this seat until I attain Buddhahood." Then he absorbed in deep contemplation.

At that time Mara, the evil spirits, came to divert him tactfully from his meditation by hook or by crook. They could not interrupt Siddhartha's meditation. Mara were defeated and fled away. By defeating Mara, Siddhartha Gautama attained the Bodhigayana or Buddhahood. He became famous as 'Buddha' in the world. He was then 35 years old. The place where he attained Buddhahood is now known as 'Bodhgaya'.



Picture–6: Siddhartha in deep meditation



Picture-7: Attainment of Buddhahood

Exercise

A. Tick (✓) the correct answer:

1. What was the name of Siddhartha Gautama's wife?
   a) Yashodhara b) Utpolabonna c) Khema d) Patacara
2. How many 'Nimittas' did Siddhartha see?
   a) 3 b) 4 c) 5 d) 6
3. At what age did Siddhartha Gautama renunciate home?
   a) 27 years b) 28 years c) 29 years d) 30 years
4. At what age did Siddhartha Gautama attain Buddhahood?
   a) 25 years b) 30 years c) 35 years d) 40 years
5. Where did Siddhartha Gautama attain Buddhahood?
   a) Lumbini b) Bodhgaya c) Saranatha d) Kushinagara

B. Fill in the blanks:

1. After saying goodbye to Chandaka, Siddhartha Gautama entered _____ hermitage.
2. Sujata offered Siddhartha Gautama _____.
3. Koundonnyo, Aswajit, Bappo, Mahanama and Bhaddiya are known as _____.
4. It is necessary to keep the body_____ for deep meditation.
5. The name of Siddhartha's favourite horse was _____.

C. Let's match:

1. Seeing the four 'Nimittas' Siddhartha	a. would be revered as Buddha.
2. Siddhartha absorbed in deep meditation	b. suffer in various ways .
3. On second day he saw a	c. decided to renunciate home .
4. If Siddhartha renunciated home, he	d. under a large Banyan tree .
5. The rich, the poor, Kings, subjects, females, males all	e. sick person crying in pain.

D. Write the right/wrong:

1. Observing the indifferent behaviour of his son, King Suddhodana felt very anxious. Right/Wrong
2. King Bimbisara requested Siddhartha Gautama to assume the royal throne. Right/Wrong
3. Association with the unlovable one is sorrow. Right/Wrong
4. Siddhartha's favorite horse was Kanthaka. Right/Wrong
5. "The Pancavaggiya Shishya" means fifty disciples. Right/Wrong

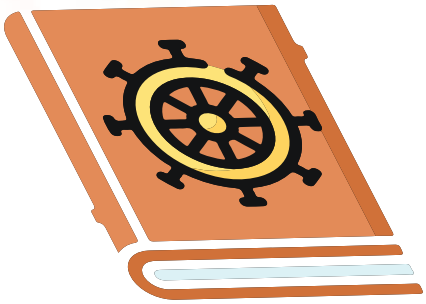
E. Short questions:

1. What did Sage Ashit foretell seeing Siddhartha Gautama?
2. What is meant by 'Nimittas'?
3. What did Siddhartha do before saying goodbye to Chandaka, the chariot driver?
4. What did Siddhartha Gautama promise before attaining Buddhahood?
5. Write the name of the Five Great Disciples (Pancavaggiya Shishya) .

F. Descriptive questions:

1. Describe the 'Nimittas' that Siddhartha Gautama saw.
2. Explain what Siddhartha Gautama realized seeing the four 'Nimittas'.
3. Write what lesson you have learned from the life of Siddhartha Gautama.

Chapter Two



Introduction to the Tipitaka

This Chapter Contains-

- The meaning of the word Tipitaka
- Introducing the Tipitaka
- Sutta Pitaka
- Vinaya Pitaka
- Abhidhamma Pitaka.

The Tipitaka is the holy book of the Buddhists. Let us discuss in group about the meaning of the word 'Tipitaka' and its different parts:

Today we shall know about the Tipitaka, the holy religious book of the Buddhists.

The Tipitaka	
Sutta Pitaka	
Vinaya Pitaka	
Abhidhamma Pitaka	

Picture-8: The Tipitaka

The meaning of the word Tipitaka

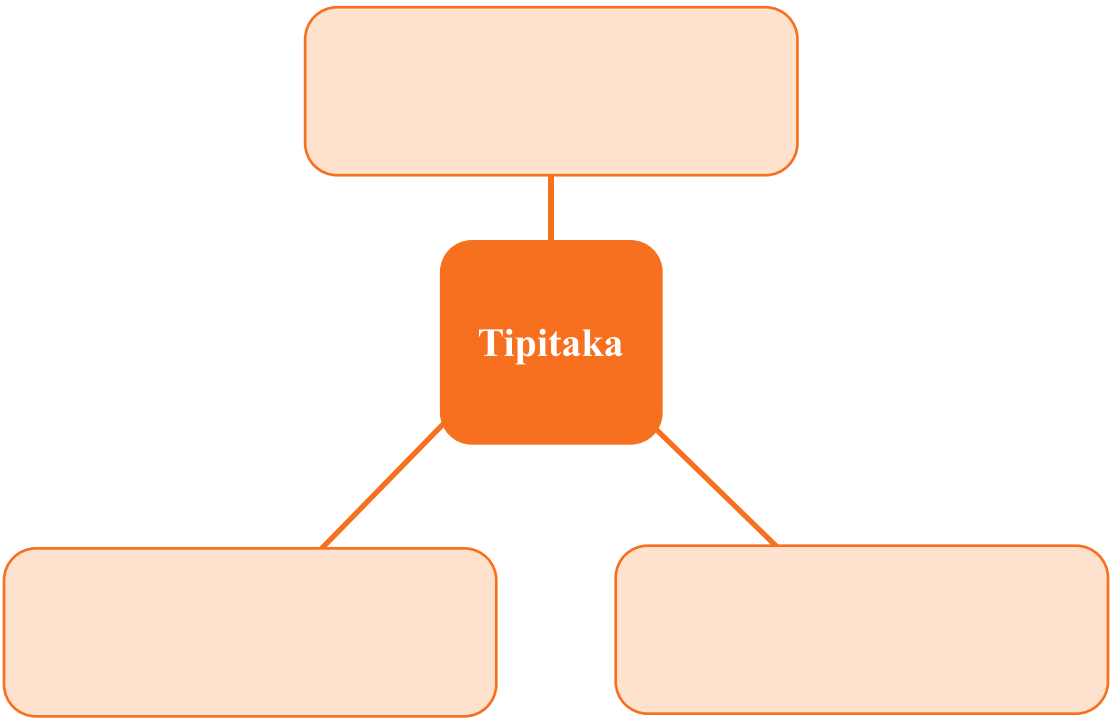
The word Tipitaka consists of the words 'Ti' and 'Pitaka'. 'Ti' means three. 'Pitaka' means basket, container, bowl etc. So, the meaning of 'Tipitaka' is three baskets or three bowls or three containers. The collected religious advice of the Buddha are divided into three Pitakas. The three Pitakas are:

1. Sutta Pitaka
2. Vinaya Pitaka
3. Abhidhamma Pitaka

These three Pitakas are called together as 'Tipitaka'. Gautama Buddha preached the religion for forty-five years. The religious advice delivered by the Buddha are preserved in the Tipitaka.

Individual work

Mind Mapping: Fill in the gaps with the right words.



Introduction to the Tipitaka

Sutta Pitaka

The Buddha delivered many sermons in the form of Sutta (Sutra). The Pitaka which contains the religious sermons in the form of Sutta, is called the Sutta Pitaka. Sutta Pitaka is divided into five parts.

1. Digha Nikaya
2. Majjhima Nikaya
3. Samyutta Nikaya
4. Anguttara Nikaya
5. Khuddaka Nikaya

There are many important suttas included in the five parts of the Sutta Pitaka. By reading these suttas one can achieve human qualities and build an ideal life.

Individual work

Making List: Make a list of five Nikayas or parts.

The list
1.
2.
3.
4.
5.

Vinaya Pitaka

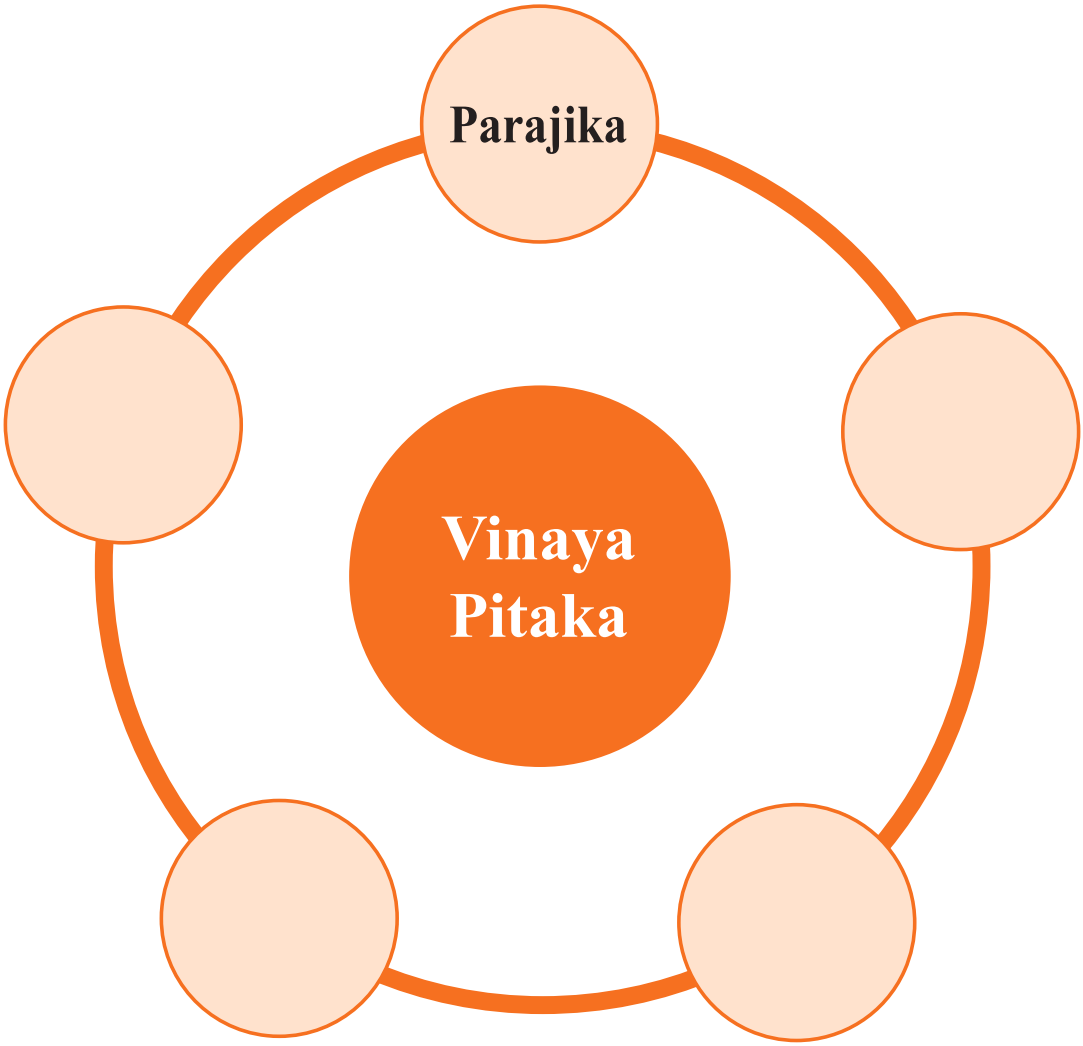
The word 'Vinaya' means rules, principles, discipline, regulations etc. The Buddha introduced many rules for the Bhikkhu and Bhikkhuni Sangha to lead well-disciplined and virtuous life. These rules are included in the Vinaya Pitaka. Buddhist Monks (Bhikkhus) and Nuns (Bhikkhunies) lead life following these rules and principles as narrated in the Vinaya Pitaka. There are five books in the Vinaya Pitaka. The books are:

1. Parajika
2. Pacittiya
3. Mahavagga
4. Chullavagga
5. Parivarpatha

Parajika and Pacittiya are together called Sutta Vibhanga. On the other hand, Mahavagga and Chullavagga are together called the Khandaka. In brief, Sutta Vibhanga, Khandaka and Parivarpatha are the three parts of Vinaya Pitaka.

Individual work

Mind Mapping: Fill in the gaps with the right words



Abhidhamma Pitaka

The third part of the Tipitaka is the Abhidhamma. The Word 'Abhidhamma' is the combination of the words 'Abhi' and 'dhamma'. 'Abhi' means special, further, extra or analytical. So, the word 'Abhidhamma' means special religion, further study of religion or analysis. Specially the Citta, Cetasika, Rupa and Nibbana - these four subjects are specially discussed in Abhidhamma Pitak. In

fact, the philosophy of Buddhism is the main theme of Abhidhamma Pitaka. Abhidhamma contains seven books. The books are:

1. Dhammasangani
2. Vibhanga
3. Dhatukatha
4. Puggalapannatti
5. Kathavatthu
6. Yamaka
7. Patthana

Pair work

Processing Skills: Write the following books in the right place

The Books: Dhammasangani, Parajika, Khuddaka Nikaya, Digha Nikaya, Dhatukatha, Mahavagga, Anguttara Nikaya, Vibhanga, Samyutta Nikaya, Pacittiya, Puggalapannatti, Cullavagga, Kathavatthu, Parivara Patha, Yamaka, Majjhima Nikaya, Patthana

Sutta Pitaka	Vinaya Pitaka	Abhidhamma Pitaka

Exercise

A. Tick (✓) the correct answer::

1 What is 'Pitaka'?

a) Basket b) Subject c) Wisdom d) Donation

2. How many Nikayas is Sutta Pitaka divided into?

a) 4 b) 5 c) 6 d) 7

3. What is included in Vinaya Pitaka?

a) the rules to be followed by the householders or laity

b) the rules to be followed by the monks

c) rules to be followed by the Bhikkhus and Bhikkhunies

d) the rules to be followed by the travelers

4. Which book is of Abhidhamma Pitaka?

a) Parajika b) Mahavagga c) Patthana d) Khuddka Nikaya

5. How many years did Gautama Buddha preach religion?

a) Nineteen years b) Twenty-nine years

c) Thirty-five years d) Forty-five years

B. Fill in the blanks:

1. The collected religious advice of the Buddha is divided into _____.
2. The Buddha delivered many sermons in the form of _____.
3. By reading out these Suttas one can achieve _____.
4. Parajika and Pacittiya are collectively called_____.
5. The word Abhidhamma consists of _____ and_____.

C. Let's match:

1. The meaning of the Tipitaka is	a. are included in the Tipitaka.
2. The religious teachings of the Buddha	b. is called the Sutta Pitaka.
3. The 'Pitaka' in which all the religious teachings are sermonized in Sutta	c. the Sutta Pitaka, the Vinaya Pitaka and the Abhidhamma Pitaka.
4. Mahavagga and Chullavagga are	d. three baskets/pots/containers.
5. The three sets of the Tipitaka are	e. together called the Khandaka.

D. Write the right/wrong:

1. 'Ti' means three. Right/Wrong
2. 'Parajika' is included in the Sutta Pitaka. Right/Wrong
3. Gautama Buddha preached religion for 45 years. Right/Wrong
4. The Sutta Pitaka is divided into four Nikayas. Right/Wrong
5. There are seven parts in the Abhidhamma Pitaka. Right/Wrong

E. Short questions:

1. What is the Tipitaka?
2. Write the five names of the Sutta Pitaka.
3. Write the names of five books of the Vinaya Pitaka.
4. What is the Abhidhamma Pitaka?

F. Descriptive questions:

1. What are the benefits of studying the Sutta Pitaka?
2. Differentiate between the Vinaya Pitaka and the Sutta Pitaka.
3. Write what rituals you perform in the family.

Chapter Three



Vandana

This chapter contains-

- Vandana
- Bhikkhu Vandana, Matri Vandana, Pitri Vandana in Pali and English
- The rules of Vandana
- Merits of Vandana.

Pair work

Making List: Make a list of Vandanas (Prayers) we usually recite at home.

The name of Vandana
1.
2.
.
.
.

Vandana

The meaning of the word 'Vandana' is prayer, homage, adoration, devotion, regards and respects. The Buddhists offer prayers every day in front of the statue of the Buddha at Vihara or in front of the alter of Buddha-statue at home.

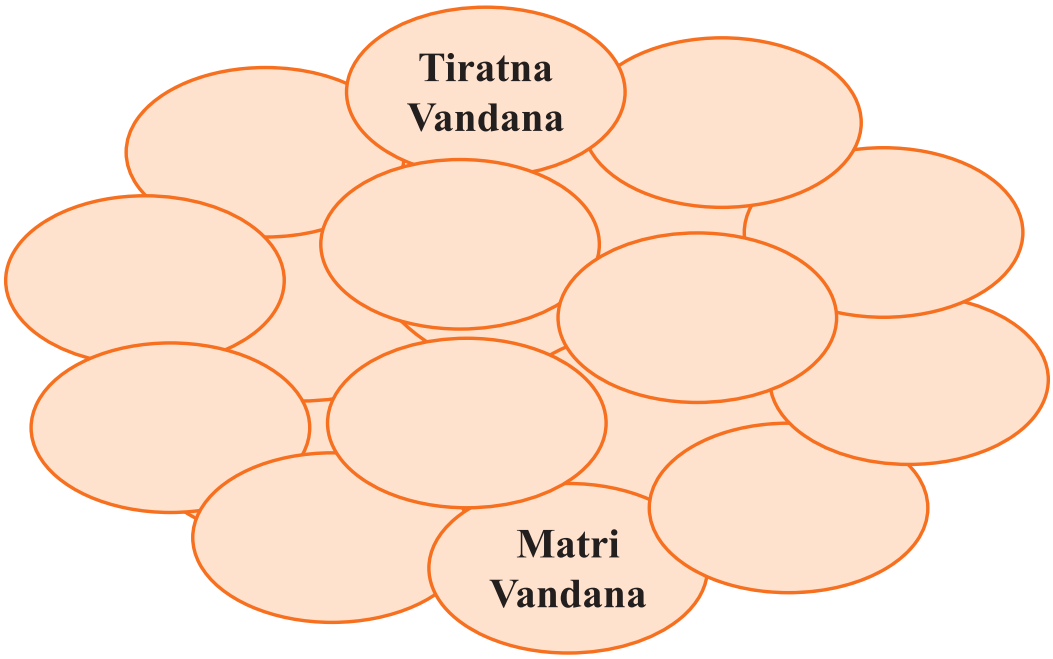


Picture-9: The parents are offering Vandana in the Buddhist Temple together with their kids.

There are various kinds of prayers, for example: Tiratna Vandana (Homage to the Three gems), Astavimsati Buddha Vandana (Homage to Twenty eight Buddhas), Bhikkhu Vandana (Homage to Bhikkhus), Matri Vandana (Homage to Mother), Pitri Vandana (Homage to Father), Bodhi Brikkha Vandana (Homage to Bodhi Tree), Saptamahastan Vandana (Homage to Seven Holy Great Places), Stupa Vandana (Homage to Stupa), etc. In the Tiratna Vandana we pay homage to the three gems, i.e., Buddha, Dhamma and Sangha. In the Bhikkhu Vandana, we pay tribute and pray apology for our crimes or misbehaves. In the Matri Vandana we pay homage and regards to our mother for she brought up us with love and affection. In the Pitri Vandana we pay homage and respects to father for he offered us support and education. Through the Saptamahasthan Vandana we pay homage to the Seven Holy Great Places marked for Buddha's memories. In the Stupa Vandana, homage is paid to stupas where ashes and utensils of the Buddha are preserved. The Buddhists are used to pray twice a day- in the morning and in the evening. In this lesson we shall know about Bhikkhu Vandana, Matri Vandana and Pitri Vandana.

Individual work

Making snow-ball: Make snow-ball with the names of different prayers



Bhikkhu Vandana

Okasa, vandami Bhante, dvarattayena katang sabbang Aparadhang khamatu me bhante.

Dutiyampi, Okasa, vandami Bhante, dvarattayena katang sabbang Aparadhang khamatu me bhante.

Tatiyampi, Okasa, vandami Bhante, dvarattayena katang sabbang Aparadhang khamatu me bhante.

English Translation

Bhante! Please give me space. I am offering salute to you, please forgive me for all my sins or crimes committed by my body, words and mind.

Second time, Bhante! Please give me space. I am offering salute to you, please forgive me for all my sins committed by my body, words and mind.

Third time, Bhante! Please give me space. I am offering salute to you, please forgive me for all my sins committed by my body, words and mind.

Matri Vandana

Katvana kaye rudhirang khirang ya sineha purita
Payetta mong sangvaddhesi vande tang mama matarang.

English Translation of Matri Vandana: I am paying homage to my affectionate mother, who brought me up by feeding me her milk.

Pitri Vandana

Dayaya paripunnova janako yo pita mama,
Posesi buddhing karosi vande tang pitarang mama.

English translation of Pitri Vandana:

I am paying homage to my kind father who supported me and helped me to acquire knowledge and intelligence.

Group work

Role-Play: Show how to perform Bhikkhu Vandana, Matri Vandana and Pitri Vandana

Rules of Vandana

One should pray at Monastery or at home by following the rules. Usually we pray twice a day- in the morning and in the evening. It is good to pray in Buddhist Monastery (Bauddha Vihara) or at home sitting in front of the statue or a picture of the Buddha. However, we have to wash our face, hands and feet and have to wear clean clothes before praying. We should pray always in pure heart. One cannot think any thing evil while praying. One has to pray kneeling down with folded hands. At the end of prayer, one has to bow to the elders.

The Merits of Vandana

There are many merits of Vandana. Mind becomes calm for performing Vandana regularly. The mind is never disturbed by evil thoughts. Character remains fair. It helps to do good by keeping someone abstained from evil deeds. It helps to increase the respect for religious teacher, mother, father, and the elders. It also helps to develop the attitude to do welfare of others. Vandana develops love and care for animal and nature. One can be saved from dangers by praying in pure heart in the morning and in the evening. Everybody respects and loves the persons who pray regularly.

Group work

Write a Paragraph: Write about the changes that happen in our life due to praying regularly.

Exercise

A. Tick (✓) the correct answer:

1. How many times do the Buddhists perform 'Vandana' daily?
   a) One time b) two times c) three times d) four times
2. Which is not included in 'Ti Dvara'?
   a) body b) concentration c) speech d) mind
3. Which state of mind should be adopted in performing 'Vandana'?
   a) pure heart b) impure heart c) sacrificing mind d) impure mind
4. Where is it good to perform 'Vandana'?
   a) in Vihara or at home b) in the cave c) in the serene place d) in the forest
5. What arises if one abstains from evil deeds?
   a) pure heart b) impure heart c) violent mind d) greedy mind

B. Fill in the Blanks:

1. 'Vandana' means_____.
2. In Tiratna Vandana, homage is paid to the virtues of Buddha, Dharma, and _____.
3. _____ remains calm if one offers Vandana daily.
4. One can be saved from _____ if one offers Vandana with perfect mind.
5. Forgiveness is asked for one's _____action in Bhikkhu Vandana.

C. Let's match

1. There are many benefits of	a. in the morning and evening.
2. Vandanas are performed twice generally	b. the attitude to do welfare of others develops.
3. If Vandanas are performed,	c. we should not have impure mind.
4. During performing Vandana	d. Vandana.
5. Because of Vandana	e. our character becomes good.

D. Write the right/wrong:

1. Homage is paid to the seven great places of Buddha's memorable events in the Saptamahasthan Vandana. Right/Wrong
2. Mind does not remain calm if one performs Vandana daily. Right/Wrong
3. One can be saved from dangers and hazards if one performs Vandana. Right/Wrong
4. One should always perform Vandana with imperfect mind. Right/Wrong
5. Vandanas are to be performed according to rules. Right/Wrong

E) Short questions:

1. What is Vandana? Write the names of a few Vandanas.
2. What is the Saptamahasthan Vandana?
3. Write the Matri Vandana with meanings.
4. Write the Bhikkhu Vandana with meanings.
5. Write to which homage is paid in the Stupa Vandana.

F) Descriptive questions:

1. What are the rules of the Vandanas?
2. What are the benefits of the Vandanas?
3. Describe what benefits you have got by performing the Vandanas daily.
4. How do you perform the Pitri-Matri Vandanas daily?

Chapter Four



Five Precepts (Pancasila)

This chapter contains:

- Sila (Precept)
- Pancasila (Five Precepts)
- Prayer for Pancasila or Five Precepts
- Importance of Pancasila or Five Precepts

Sila (Precept)



Picture-10: Parents with their children receiving Sila from Buddhist monks.

Sajeeb and Subal are two friends. They read in the same school. They also live in the same area. Every day they play in the field with their friends. One day after

playing, Sajeeb told Subal, "I'll go to Monastery with my parents and siblings next Friday. We'll listen about Sila or Precept from the monks. You may come." Subal said, "Fine, I'll come next morning." Accordingly, Subal came to Sajeeb's home in the morning. He bowed to Sajeeb's parents. They started to go together to the Monastery (Vihara). After reaching the Vihara, they offered worship with food and flowers. They paid homage to Tiratna. They also paid homage (Vandana) to the monks and received Five Precepts (Pancasila). Then the respected monks started preaching about Precept or Sila. He said, 'Sila' means character, nature, rules and regulations, discipline and self-restraint, etc. Physical, verbal, and mental restraints are also called Sila. Sila is the origin of all good works. Sila is an invaluable wealth in human life. It is also called the safeguard for human life. Gautama Buddha introduced the Precepts or Sila to form a disciplined and beautiful life. People who practise Sila are called Silavana. The fragrance of flowers flows only in the direction the wind blows. But the glory of a person with Sila spreads in all directions. Sila makes life beautiful. Various types of Sila are mentioned in the Tipitaka. These are Pancasila, Astasila, Dasasila and Patimokkha Sila. The Lay Buddhists practise Five Precepts or Pancasila every day. The lay devotees practise Eight Precepts or Astasila during Purnima (the full moon), Astami (eighth lunar day)) and Amavasya (new moon). Eight Precepts or Astasila is also called Upasatha Sila. The Sramans and Sramanis practise Dasasila every day. For this reason, Dasasila is called "Pabbajja Sila." The Bhikkhus and Bhikkhunis practise Patimokkha Sila. Sila has many good effects. Buddha said, "Sila brings wealth and happiness. It is the means of attaining heaven. Sila helps to achieve Nibbana. So, everybody should perform Sila in a perfect way."

Both Sajeeb and Subal become very pleased to hear the preaching of the monk. They feel inspired to perform Precept or Sila. Then they come back home after paying homage to the monk.

Pancasila (Five Precepts)

The word 'Pancasila' consists of 'Panca' and 'Sila.' 'Panca' means five and 'Sila' means precept or rule or principle. So, Pancasila means five precepts. The Five Precepts initiated by the Buddha are called Pancasila. The Mahakarunika (great merciful) Buddha introduced Five Precepts (Pancasila) to the lay Buddhists. The lay Buddhists perform Pancasila every day. So, Pancasila is also called nityapaloniya Sila. It is to be performed every day. Pancasila needs no specific time or place to be performed. Pancasila may be performed by body, mind and speech at any time and at any place.

The rule of taking Pancasila or Five Precepts

One should perform Pancasila with a perfect mind. One must wash his face, hands, and feet before taking Pancasila. One needs to wear clean clothes. Then he must kneel down and fold hands together to pray for Sila to the monk. The Bhikkhu provides lay Buddhists with Pancasila. They repeat it together. But one can take Pancasila by oneself.

Pancasila prayer in Pali

Okasa, Ahang Bhante Tisaranena Saha Pancasilang Dhammang
Yachami, Anuggahang Katva Silang Detha Me Bhante.
Dutiyampi Okasa, Ahang Bhante Tisaranena Saha Pancasilang Dhammang
Yachami, Anuggahang Katva Silang Detha Me Bhante.
Tatiyampi Okasa, Ahang Bhante Tisaranena Saha Pancasilang Dhammang
Yachami, Anuggahang Katva Silang Detha Me Bhante.
Bhikkhu: Yamahang Badami Tang Badetha
Devotees: Ama Bhante

English translation of prayer for Pancasila

Bhante! Give relief. I pray for Pancasila with Tisarana. Please give me Pancasila.

2nd time, Bhante! Give relief. I pray for Pancasila with Tisarana. Please give me Pancasila.

3rd time, Bhante! Give relief. I pray for Pancasila with Tisarana. Please give me Pancasila.

Monk says: Tell what I say.

Receiver of Sila: Yes Bhante, I'll do.

Now the receiver of Sila recites Tisarana with the monk.

Tisarana Vandana in Pali

Buddhang Saranang Gacchami
Dhammang Saranang Gacchami
Sanghang Saranang Gacchami
Dutiyampi Buddhang Saranang Gacchami
Dutiyampi Dhammang Saranang Gacchami

Dutiyampi Sanghang Saranang Gacchami
Tatiyampi Buddhang Saranang Gacchami
Tatiyampi Dhammang Saranang Gacchami
Tatiyampi Sanghang Saranang Gacchami

Tisarana Vandana in English

I am taking refuge in Buddha.
I am taking refuge in Dhamma.
I am taking refuge in Sangha.

2nd time

I am taking refuge in Buddha.
I am taking refuge in Dhamma.
I am taking refuge in Sangha.

3rd time

I am taking refuge in Buddha.
I am taking refuge in Dhamma.
I am taking refuge in Sangha.
Taking refuge has been completed.
The persons praying for Sila: Yes, Bhante.
Then the monk will offer Pancasila and the receiver will recite it with him.

Pancasila in Pali

1. Panatipata Veramani Sikkhapadang Samadiyami.
2. Adinnadana Veramani Sikkhapadang Samadiyami.
3. Kamesu Micchacara Veramani Sikkhapadang Samadiyami.
4. Musavada Veramani Sikkhapadang Samadiyami.
5. Sura Meraya Majja Pamadatthana Veramani Sikkhapadang Samadiyami.

Pancasila in English

I am undertaking-

not to kill any living beings.

not to take anything not given to me.

not to make unlawful uses of the senses.

not to tell lies.

not to take alcohol or any drug.

Group work

Role play: display the process of Pancasila, one playing the role of a monk and the others playing the role of the receivers of Pancasila.

The importance of Pancasila or Five Precepts

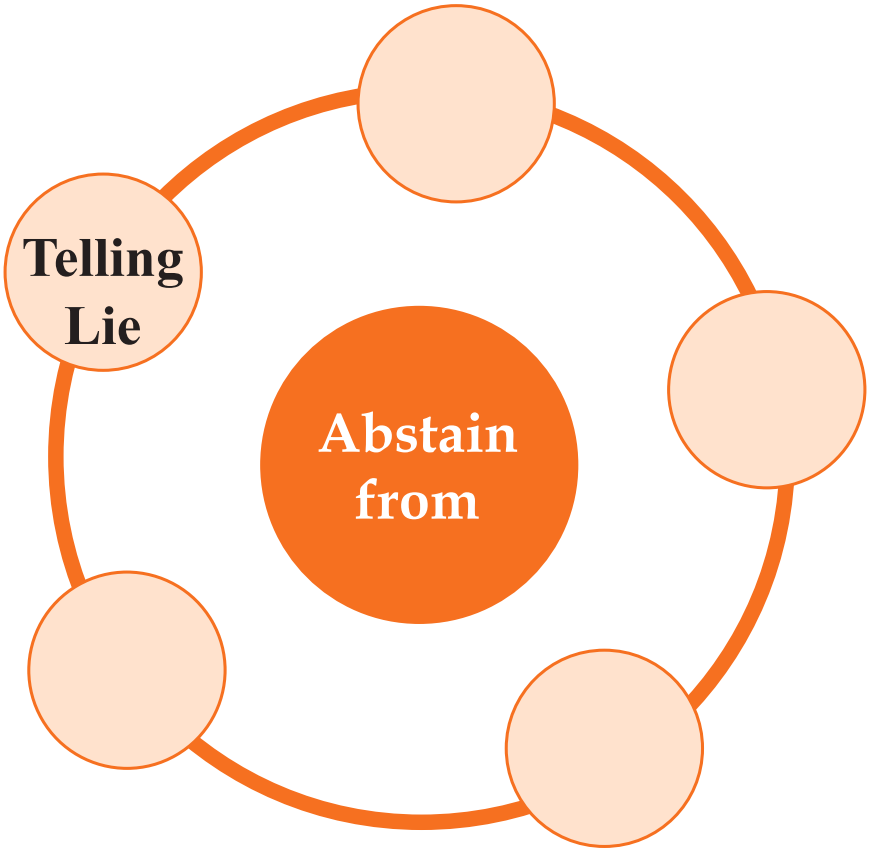
Pancasila or Five Precepts keeps men aloof from killing, taking things not given, telling lies, taking drugs, etc. These five evil doings stain human character and create disorders in society. These also disrupt peace and harmony in society. Therefore, we should seriously abstain from doing these five evil things. The first Sila or Precept of Pancasila not only abstains us from killing but also inspires us to love all living beings. All beings are afraid of punishment. They suffer if they are hurt. As we love our life, so all other beings love their life. Life is adorable to all. Hence, we should abstain from killing or hurting any beings. Second Sila abstains us from taking things not given or granted for us. At the same time, it motivates us to give grants to others. When I lose anything, or it is taken by anybody I must suffer. This is true for everybody. Therefore, we should not steal or take things not given to us. Third Sila makes us avoid the misuse of the senses. It also teaches us how to behave well with others with love and respect. The person who does immoral things is hated by all. He is punished for his immoral doings. That is why we should not do immoral things. Fourth Sila keeps us avoid telling lies. At the same time, it always motivates us to speak the truth. Nobody believes in a liar. He is disgraced everywhere. Hence, we should abstain from telling lies. Fifth Sila helps to avoid taking drugs. It also inspires us to lead an honest life. Drugs spoil man's wit, and sense of good and evil. Drugs create various diseases in the body. For this, we should keep ourselves away from taking drugs. Thus, we can lead a healthy, happy, and honest life.

Now it can be said that Pancasila or Five Precept makes human life beautiful. It leads man to the right way of life. It also creates peace and harmony in social

life. Therefore, Pancasila has limitless importance in human life.

Individual work

Mind mapping: Fill in the blanks with appropriate words



Pair work

Writing sentences: Write five sentences about the changes that occur in our life for observing Pancasila.

1.
2.
3.
4.
5.

Exercise

A. Tick (✓) the correct answer:

1. Which Sila do the Bhikkhus and Bhikkhunies observe?
   a) Pancasila b) Astasila c) Dasasila d) Patimokkha Sila
2. Sila is the_____ of attaining heaven.
   a) Ladder b) road c) bridge d) way
3. What is the result of practising Sila?
   a) Punishment b) unrest c) harmony d) wealth and happiness
4. The person who practices Sila is called-
   a) Respectful b) Silavana c) Wise d) Wealthy
5. What else is Pancasila called?
   a) Nityapaloniya sila b) Pabbajjya sila c) Sramonya sila c) Bhikkhu sila

B. Fill in the blanks:

1. Physical, verbal and mental restrains are called _____.
2. Sila is the _____ of all good deeds.
3. Astasila is called the _____.
4. Dasasila is called _____.
5. Sila is an invaluable _____ of the human life.

C. Let's match:

1. The meaning of the word Sila is	a. Pancasila .
2. The lay Buddhists practice	b. conscience, wit and sense of good and evil .
3. Drugs spoil man's	c. great .
4. The liar is	d. rules and principles .
5. The importance of Sila is	e. disgraced everywhere .

D. Write the right/wrong:

1. One can take Pancasila by oneself. Right/ Wrong
2. Astasila is called the 'Pabbajjya Sila'. Right/ Wrong
3. The word sila means restriction. Right/ Wrong
4. The importance of Sila is limitless. Right/ Wrong
5. Not to tell lies is the third Sila of Pancasila. Right/Wrong

E. Short questions:

1. What do you mean by Sila?
2. Write the rules of taking Pancasila.
3. Which Sila do Bhikkhus and Bhikkhunies practice?
4. Write some of the benefits of practising Pancasila.
5. What are the benefits of practising Pancasila?

F. Broad questions:

1. Write Pancasila in English.
2. Write the importance of Pancasila.
3. Describe the virtues of a Silavana.
4. Write about the changes in your life due to practising Pancasila.

Chapter Five



Sanghadana

This chapter contains-

- Sangha and Sanghadana
- Materials of Sanghadana
- Dedication Verse of Sanghadana
- Merits of Sanghadana
- Story of Dana (donation)



Picture-11: Sanghadana

Pair work

Making a list: Look at the above picture attentively. Now discuss in groups and make a list of the articles given for donation in the picture.

A list of the articles given for Dana (donation)
1. 2. 3. . . .

Sangha and Sanghadana

In the Buddhist religion, the importance of donation is immense. If the Dana Parami (Perfection) is not completed, it is not possible to gain Nibbana. Dana (donation) is a great virtue and a voluntary work. What is given selflessly to others is a donation. Everybody, whether rich or poor, can donate. Many poor people have become great or memorable by virtue of donation. Anybody can donate anyone at any time. But it is the best way to donate to the Bhikkhu Sangha (group of Monks). There are a lot of merits of donation. Dana or donation purifies the mind, roots out greed, and gains happiness for us in this world and in the afterworld. It creates sympathy for the poor and the helpless within us. Donation is a stair to heaven. Therefore, everybody should practise giving Dana or donation.

There are many kinds of donation ceremonies in Buddhist Religion. Among them, Sangha dana, Astapariskara dana, and Kathina Civara dana are important ones. From this lesson, we will learn about Sanghadana.

At first, we will learn what is Sangha before learning about Sanghadana. Sangha refers to group, association, assembly, etc. Sangha consisting of five Bhikkhus (monks) or more is called Bhikkhu Sangha. The donation is generally given in a ceremonious way to the Bhikkhu Sangha is called Sanghadana. Sanghadana

ceremony is performed at a Monastery or a house. But when a person dies, his family must hold Sanghadana. Besides, Sanghadana can be arranged for the marriage ceremony, building new houses, opening a new business, the birth of a child, and any other good work or event. Members of the family, relatives, and neighbours are invited to the occasion of Sanghadana. Specific seating arrangements are made for monks and the guests. People present there welcome the Bhikkhu Sangha after they have their seats. After the Bhikkhu Sangha and the guests have their seats, the function of Sanghadana begins. An elderly Bhikkhu is selected as chair to run the function. He conducts the ceremony of Sanghadana in a perfect way. One of the attendees present there prays for Pancasila. Then the chair or a monk on his behalf recites Pancasila with Tisaran. He recites the dedication verse of Sanghadana. All the attendees receive Pancasila with Tisaran. They offer the articles of donation reciting the dedication verse. All other monks read out suttas and sermons. In the end, Bhikkhu Sangha blesses all present there and puts an end to the function. It is before 12 at noon, the monks are offered dainty foods.

Materials of Sanghadana

In Sanghadana, many things can be donated. Generally, things necessary for the Bhikkhu Sangha's everyday use are donated. They are, for example, money, food items, clothes, medicine, books, pens and pencils, mattresses, blankets, tissue papers, soaps, towels, glasses, water pots, cups, and many other things. These things are donated by reciting a dedication verse. The dedication verse of Sanghadana is given below:

Dedication Verse of Sanghadana in Pali

Imang bhikkhang saprikkharang anuttarang punnakhettang Bhikkhu sanghassa danang dema pujema.

Dutiyampi Imang bhikkhang saprikkharang anuttarang punnakhettang bhikkhu sanghassa danang dema pujema.

Tatiyampi Imang bhikkhang saprikkharang anuttarang punnakhettang bhikkhu sanghassa danang dema pujema.

English translation: We offer these articles as donations. We worship the supreme purity, Bhikkhu Sangha.

All the people present there should recite the verse three times in chorus.

Group work

Writing sentences: Discuss in groups and write five sentences about Sanghadana that we saw.

1.
2.
3.
4.
5.

Individual work

Role play: Recite the verse of Sanghadana in group

Merits of Sanghadana

There are merits of all good works. Hence, Sanghadana has its merits too. Bhikkhu Sangha is the best field for offering donations. For this, you can get more merits if you make donations to Bhikkhu Sangha. The Buddha speaks highly of the merits of Sanghadana. He says, "The earth, the oceans, and the poles will decay. But the merits or virtues of Sanghadana will not decline."

Besides, Sanghadana has many more merits. As a result of the donation to Sangha, the donor becomes rich during birth and rebirth. He possesses a name and fame. He also becomes a man of knowledge and wisdom. He gets protection from danger. Everywhere he is praised and honoured. He leads a disease-free, healthy life. Therefore, everybody should donate and encourage others to donate. Being encouraged, many people become interested in giving donations. Such a story of donations is given below.

Group work

Making a list: First, discuss in groups. Then make a list of the benefits of Sanghadana.

The list of the benefits of Sanghadana
1.
2.
3.
4.
5.
6.

Story of a donation (Dana Kahini)

Once upon a time, in Varanasi Kashyapa Buddha told a story to the people about Dana (donation). He said, "Worshippers! In this world, there are many people who donate but do not encourage others to donate. As a result, they gain virtue and wealth. But they do not have a beautiful family. On the other hand, there are many people who do not donate themselves. But they encourage others to donate. As a result, they have a family but do not have sacred wealth. There are such men who do not donate and encourage others to donate. They do not attain any wealth. They lead a poor life. But there are such men who donate and encourage others to donate. They attain virtue, nice families, and fame. They also have love and respect from people."

Hearing his words, a scholar from Varanasi decides to donate. And he will do it in this way so that he can attain both the benefits. He invites Kashyapa Sammyaka Sambuddha with twenty thousand monks. Kashyapa Buddha accepts his invitation. Then he informs the matter to all the villagers. All are requested to donate to the ceremony as much as they can. All the villagers take part with great interest. But only one named 'Mahadurgata' has not taken part. He says that he has wants. He cannot serve meals to the monks by working as a day labourer.

But the scholar says to him, “As you did not donate before by working as a day labourer, you now feel the want of love and fame. Do you understand it? Should you not donate as much as you can?”

Then Mahadurgata understands that he should donate. He decides to donate a monk. Then Mahadurgata and his wife go to work as day labourers to manage a donation to a monk. The village elites become happy with their decision. They provide them with work. By working, they have wages and some articles. With this, they manage a meal for a monk. But the scholar forgets to invite a monk to be served by Mahadurgata. At this, Mahadurgata becomes very sad. Then everybody tells him to go to Kashyapa Buddha and ask him to accept his donation. He does the same and Kashyapa Buddha receives the donation of Mahadurgata for his dedication and piety. Then many rich men present there try to allure him to their wealth. They say, “Mahadurgata! Offer donations to other monks. We will help you with money and wealth.” But Mahadurgata does not show any greed for their wealth. He decides to donate from his own earnings by hard work. For this, the village people show respect to him. They hold him in a position of honour and respect. From this story, we learn that we can make others do good work by encouraging them.

Individual work

Writing sentences: Write 5 sentences about Sanghadana that we saw

Exercise

A. Tick (✓) the correct answer:

1. What is obtained by fulfilling Dana Parami?
   a) Nibbana b) Heaven c) Money d) Happiness
2. What is the meaning of the word 'Sangha'?
   a) Group b) Bhikkhu c) Bhikkhuni d) Sraman
3. What happens to mind by offering donation?
   a) Welfare b) Pure c) Soothing d) Quiet
4. Which one is the best to donate?
   a) Dayoka Sangha b) Grihi Sangha
   c) Bhikkhu Sangha d) Samonera Sangha
5. Which reward or virtue of Dana does not decay?
   a) Offering of Vihara b) Sanghadana
   c) Offering the statue of the Buddha d) Pindadana

B. Fill in the blanks:

1. Offering is a great _____.
2. Offering to the Bhikkhusangha is the _____ dana.
3. Five or more numbers of Bhikkhus together are called _____.
4. Bhikkhusangha is offered daily _____ in the Sanghadana.
5. He invited the Sammyaka Sambuddha with twenty thousand _____.

C. Let's match:

1. The importance of dana in Buddhist religion is	a. has merits.
2. All the good work	b. became great or memorable.
3. By donating many poor people	c. become rich during birth and rebirth.
4. Dana is the heaven's	d. stairs.
5. By Sanghadana, the donors	e. immense.

D. Write the right/wrong:

1. Donation is the stairs of Heaven. Right/Wrong
2. Every good work does not have merits. Right/Wrong
3. Bhikkhusangha is the best field for donation. Right/Wrong
4. One day the merits of Sangha Dana will decay. Right/Wrong
5. Five or more numbers of Bhikkhus together are called the Bhikkhusangha. Right/Wrong

E. Short questions:

1. On what occasions is Sanghadana arranged?
2. Write the name of the objects of offering of Sanghadana.
3. What did the Buddha say about the merits of Sanghadana?
4. Write the dedication verse of Sanghadana correctly.

F. Descriptive questions:

1. Write five sentences about a Sanghadana you joined.
2. Write the benefits of Dana.
3. What merits can we gain by offering Dana?
4. Describe what Kashyapa Buddha said about Dana.
5. How do you help in the Sanghadana of your family?

Chapter Six



The Stories of Ideal Life

This chapter contains –

- Introduction to Sivali Thera and his Virtues
- Introduction to Mitra Theri and her advice
- Introduction to Sujata

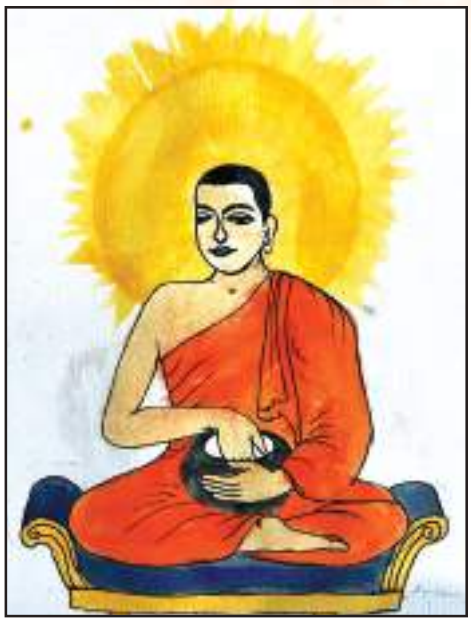
There are many great and ideal people in Buddhist Religion. They become memorable by virtue of their activities. There are many stories about famous Thera-Theri, Shresthi (merchant), and pious upasaka and upasika (devotees). They contribute a lot to the spread of the Buddhist Religion, to the welfare of humanity, to leading an honest life, to moral teaching, etc. We can build up a virtuous life by following their ideals. You already have learned in brief about Mahaprajapati Gautami and Sivali Thera in the previous class. You will learn more about Sivali Thera in this chapter. Besides, you can also learn about Mitra Theri and Sujata.

Sivali Thera

Mahali Kumar was the prince of the Licchavi dynasty in the kingdom of Vesali. He married Supravasa, the most beautiful princess. Both Mahali Kumar and Supravasa were pious. They started leading their conjugal life in a just and honest way. At a proper time, Queen Supravasa became pregnant. With her pregnancy, the household of Mahali Kumar and the kingdom of Vesali became abundant with money and wealth. Then the king and the queen could understand that a virtuous child would be born to them. But as a result of past misdeeds, she was suffering a long labour pain. To get relief from the pain and to give birth safely, they gave

Academic Year 2026

a Mahadana (great donation) to Bhikkhu Sangha for seven days together. Under the auspices of this donation, a son was safely born to them. They named their son Sivali Kumar. After his birth, Sivali began to grow under the great care of his parents. But he was indifferent to worldly affairs. He had always been deep in thought. When he grew-up, he took Pabbajja from Sariputra Thera, one of the principal disciples of the Buddha. In his previous life, Sivali Thera performed many good deeds. For that, he obtained Arhantship on the occasion of Pabbajja. After his Pabbajja, the righteous profits of Bhikkhu Sangha increased. By virtue of his sacred deeds in the previous life, he used to gain anything he wished to. It is because of this, he was known as 'Labhishresthi' (the most profitable) in Bhikkhu Sangha. The life of Sivali Thera is narrated in the book, 'Theragatha' of the Tipitaka. If we read this book, we can learn about many rare qualities of Sivali Thera.



Picture-12: Sivali Thera

The Buddhists worship Sivali with flowers, fruits, food and drink, and with other articles. They do it in the same way as they worship the Buddha. At the time of 'Puja' (worship), 'Sivali Paritrana Sutta' is recited with respect. Presently in Bangladesh, in many Buddhist Monasteries and families, Sivali Puja is formally held. The Buddhist people believe that one can be relieved of all sufferings and wants if one worships Sivali and recites 'Sivali Paritrana Sutta.' By doing this one may have money and wealth, as well as happiness in family life.

The Virtues of Sivali Thera

Sivali Thera was a man of great virtue. He always observed Sila in the best way. He used to donate. He also advised others to practise Sila and give donations. He always abstained from all kinds of evil doings. He was involved in meditation and led a restrained life.

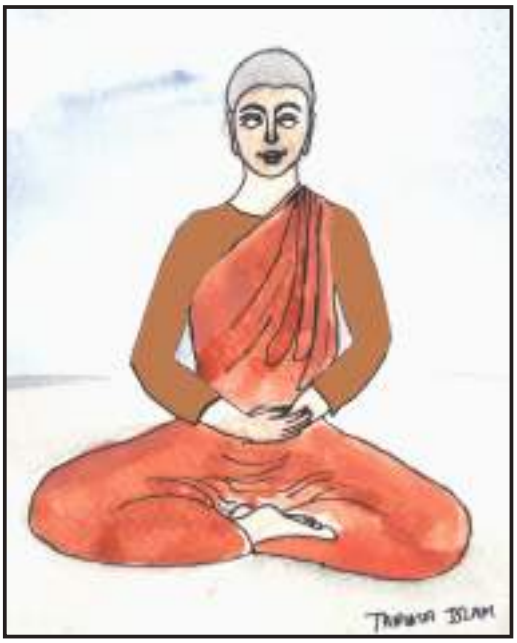
The advice of Sivali Thera

He who observes Sila gains praise and honour in this earthly life. A person with Sila and a good heart attains fame in this world and Nibbana in the afterworld. Each of us should follow the advice and the virtues of Sivali Thera.

Group work

Paragraph writing: Discuss in group. Now write a paragraph about Sivali Puja that you saw.

Mitra Theri



Picture-13: Mitra Theri

Mitra Theri was born in the Shakya dynasty in the city of Kapilavatthu at the time of the Buddha. She was pious since her childhood. She was very polite and humble. She was always involved in the service and welfare of humanity. She was indifferent to worldliness. She left her family and accepted the path of Bhikkhuni with Mahaprajapati Gautami. After taking initiation into Bhikkhunihood, she greatly contributed to the spread of Buddhism. By virtue of good deeds, she had an honourable position in the Bhikkhuni Sangha.

After her accepting Pabbajja, she attained spiritual insight. She realized the real condition of life and said, "I do not want Heaven. Taking one meal a day, I am leading the life of a Bhikkhuni. I am avoiding anger, hatred, jealousy, and greed. My only vow is to do good to all the living beings on this earth."

The advice of Mitra Theri

We all should do good to all the living beings on earth. We should also avoid anger, hatred, jealousy and greed.

Individual work

Writing sentences: Write five sentences about the benefits that can be gained if Mitra Theri's advice is followed.

1.
2.
3.
4.
5.

Sujata

Sujata was a great pious devotee. There was a village named Senani of Uruvela on the bank of the river, Nairanjana. Sujata was a daughter of a Shresthi (merchant) in that village. At that time, there was a big ancient banyan tree near the village of Senani. Then in the village Senani, the people used to worship the tree as their god. One day Sujata made a vow standing under the tree. She said to herself, "If I am married to a suitable person and have a son, I'll pay offerings to the tree-god every year." When time came, her promise was fulfilled. When she grew up, she was married to Nandika Banik. After her marriage, a son was born to her. After the son's birth, she decided to make those offerings to the tree-god on the day of Vesakha Purnima (full moon). For offerings, she was preparing Payasanna (a dessert item made of milk, sugar and rice) with great care. At this time, she asked the maidservant, "Dear Purna! Please, go and clean the Altar of the worship." Purna rushed there and found a god sitting at the feet of the Banyan tree. She thought, "Today the tree-god is sitting under the tree to have the offerings himself." In fact, at that time Siddhartha Gautama was deep in meditation under the tree. With a cheerful mind, Purna gave this information to Sujata. Sujata instantly came under the tree with a gold plate filled with Payasanna and other articles of offerings. Sujata found Siddhartha sitting on the altar under the tree. She thought him to be the tree-god. She made offerings to him along with Payasanna on the gold plate and drinks. On the offering homage, she said in a respectful humble voice, "God! I am offering you the Payasanna with the gold plate and the scented drinks. Be kind to take this offer, and I'll be grateful." Siddhartha Gautama took Sujata's offerings and sank deep into meditation after having her Payasanna. At last, Siddhartha Gautama attained wisdom (Bodhigyana) and became known to the world as 'Buddha.'



Picture-14: Sujata Offers Payasanna

Benefits in the study of biography

From the study of great personalities, we can learn many things about their life and achievements. The unique qualities of great people are kindness, nobleness, sacrifice, self-restraint, morality, etc. They are always generous and friendly. They sacrifice their life for the welfare and happiness of others. They perform good deeds for the welfare of all the living beings on earth. In Pali literature, there are many more ideal stories about great people like Sivali Thera, Mitra Theri, and Sujata. They dedicated their life to the development, peace and happiness of the society. They did the same for unity and harmony among people. By virtue of their great deeds, they become honorable and memorable. They are unforgettable in history. We can get many benefits from the study of the life of these memorable persons. We can build up the ideal character by following the greatness of their

life. From their life stories, we can develop various human qualities like tolerance, patience, broadness of mind, charity, justice, honesty, etc. Therefore, we should read the biography of great people and exercise their ideals and teachings in our life.

Group work

Making a list: Discuss in group. Now make a list of the qualities that we can achieve from the study of the biography of the great people.



Exercise

A. Tick (✓) the correct answer:

1. The name of the mother of Sivali Thera is-
   a) Sunanda b) Supravasa c) Kshema d) Utpalabarna
2. By what name is Sivali Thera familiar to the Bhikkhusangha?
   a) Labhishreshthi b) Gunashreshtha c) Shilavana d) Praggabana
3. Where was Mitra Thera born?
   a) Lumbini b) Vesali c) Kapilavattu d) Saranatha
4. Sujata was a-
   a) Bhikkhuni b) Sannyasi c) House maid d) Pious devotee
5. After attaining Enlightenment by what name is Siddhartha Gautama known?
   a) Bodhisattva b) Buddha c) Labhishreshthi d) Sannyasi

B. Fill in the blanks:

1. Mahali Kumar and Suprabasa were very _____.
2. Sivali took Pabbajja from _____, the Aggasavaka of the Buddha.
3. Mitra Theri received Bikkhunihood with _____.
4. The name of the maid of Sujata is _____.
5. The teaching and ideal of the great personality should be_____.

C. Let's match:

1. Sivali Thera was very	a. taking meal once in a day, I am leading the life of a Bhikkhuni.
2. Avoiding anger, hatred, jealousy, greed and	b. thought him to be the Tree-god.
3. Then in the village Senani the Tree-god	c. one can learn many things about their life and achievements.
4. Seeing Siddhartha sitting under the tree Sujata	d. virtuous .
5. By studying the biography of the great personalities	e. used to be worshipped.

D. Write the right/wrong:

1. Sivali Thera was involved in meditation and led a restrained life. Right/Wrong
2. Mitra Theri was born in the Mourya dynasty. Right/Wrong
3. Sujata was born in the village of Senani. Right/Wrong
4. Sujata gave birth to a daughter. Right/Wrong
5. One can be an ideal person by reading biography. Right/Wrong

E. Short questions:

1. Why should we read the biography of the ideal personality?
2. Why is Sivali Thera called the Labhishresthi?
3. Write the advice of Mitra Theri.
4. Why was Sujata committed to offering the Tree-god?

F. Descriptive questions:

1. What virtues can one acquire by reading the biography of the great personalities?
2. What benefits do you achieve by offering Sivali Thera?
3. What benefits do you get by following the advice of Mitra Theri?
4. What virtues have you acquired by reading the biography of the great personalities?
5. How will you follow the virtues of the great personalities?

Chapter Seven



Worships and Festivals

This chapter contains-

- The main Worships (puja) and Festivals of the Buddhists.
- Flower Offering Verse with English meaning.
- Various Purnima Festivals of the Buddhists.
- Importance of Worship (puja) and Purnima festivals.
- Worships, Festivals and Ceremonies of other religions.
- Religious and social amities with other religions.

Do you remember any worship (puja) or festival that you enjoyed most? Tell the name of some pujas and festivals you saw.

Main Worships (puja) and Festivals of the Buddhists

Every religion has different religious festivals and ceremonies. These festivals and ceremonies are observed with religious customs and traditions. The Buddhists perform various worships (pujas), festivals, and ceremonies. The Buddhists observe various worships to pay homage to the Triple Gems (Tiratna). Among these worships Puspa Puja (flower worship) Pradip Puja (candle worship) Panio Puja (drink worship) Ahar Puja (food worship) Dhup Puja (incense worship) etc, are mentionable. The main religious festivals of the Buddhists are Vaishakhi Purnima or Buddha Purnima, Ashari Purnima, Ashvini Purnima or Pavarana Purnima, Maghi Purnima or Madhu Purnima and Holy Kathina Civara Dana (Yellow Robe offering) ceremony.



Picture-15: Kathina Civara Dana Ceremony

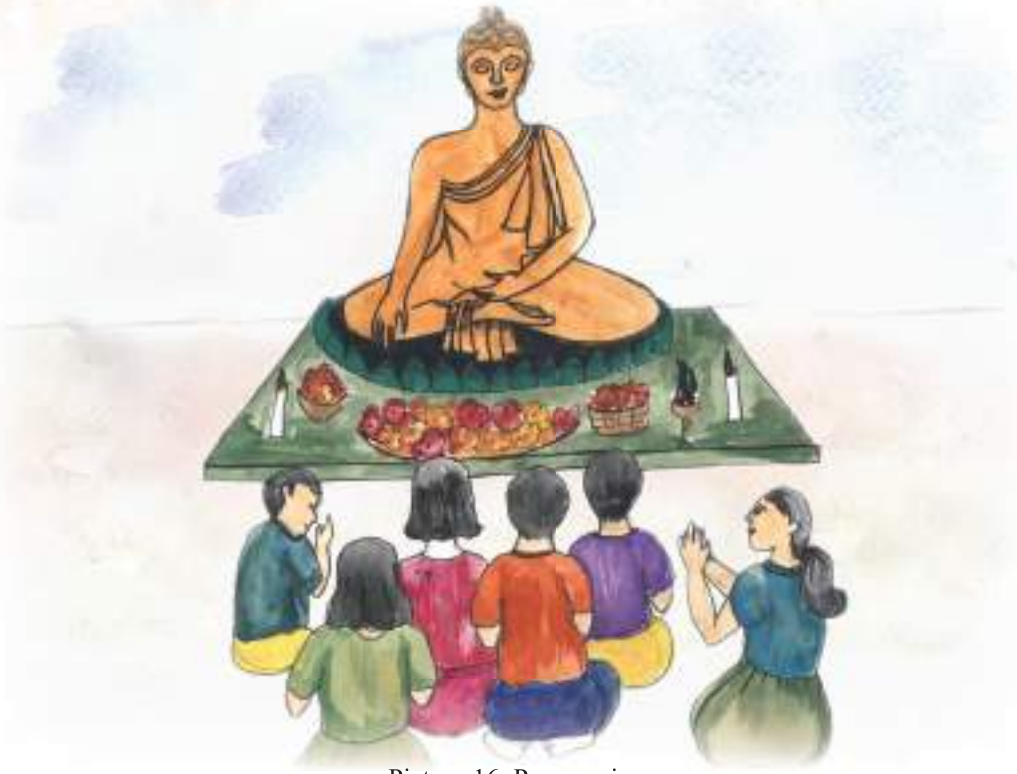
Group work

Making list: Discuss some puja we participated in and make a list of festivals.

List of Puja and Festivals	
Worship (Puja)	Festivals
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Flower Offering or Puspa Puja

'Puja' (worship) is a virtuous deed. To pay homage to the Buddha, Dharma, and Shangha is known as puja. By worshipping, the mind becomes pleasant to Tiratna (Triple Gem). The sin of the mind disappears. The mind becomes holy. Admiration to Tiratna is created in mind. Interest grows to perform good deeds. So we all should perform puja in front of the Buddha at Buddha Monastery or at our own home. Now, we will learn about the rules of Puspa puja.



Picture-16: Puspa puja

Rules of Flower Offering or Puspa Puja

Usually, Flower Offering or Puspa Puja is performed in the morning. It is performed both at the Monastery and at home. After rising early in the morning, one has to wash hands, face and feet well. Then flowers have to be collected from the garden or from any tree. Washing them with clean water, they are to be decorated on a plate. Thereafter, one has to take the plate full of flowers in hands and offer them to the Buddha reciting the flower verse with respect. The verse of Flower Offering or Puspa Puja with English meaning is given below:

The Verse of Flower Offering or Puspa Puja in Pali

Vannagandha gunapetang etang kusuma santating
Pujayami munindassa siripada saroruhe,
Pujemi Buddhang kusumena tena,
Punnena me tena ca hotu mokkhang.
Puppang milayati yatha idang me,
Kayo tatha yati vinasa bhavang.

English Translation

These flowers are of good colour, fragrance and quality. I am worshipping at the feet of Munindra Buddha with these flowers. May I obtain Nibbana (Salvation) due to the merits of this flower offering (Puspa puja). As this flower fades, my body also will perish.

The Verse of Flower Offering (Puspa Puja) a Bangla Poem translated in English

Offering colourful and scented flowers,
Worshipping with devotion to Buddha Bhagavan.
Flowers at this moment, beautiful to look,
Charming fragrance and nice.
But the colour will fade soon,
Fragrance and good look will vanish.
Thus, lives and materials are all temporary,
All are causes of sorrow and fake.
Through this Prayer, worship and light of knowledge,
All desires and sorrows may cease.

Individual work

Acting: Recite the Verse of Flower Offering

Introduction of various Purnima festivals of the Buddhists



Picture-17: Flying Sky Lamps during Pavarana Purnima Festival

Many vital incidents took place in the life of Gautama Buddha from his birth to Mahaparinibbana (the passing away of the Buddha). The incidents took place in Purnima. So, most of the religious festivals of the Buddhists are observed in the days of Purnima. The remarkable Purnima festivals that the Buddhists observe in festive mood are Vaishakhi Purnima, Ashari Purnima, Bhadra Purnima, Ashvini Purnima and Maghi Purnima. The incidents of Buddha's life related to the five purnimas are given below:

Three major incidents of Buddha's life are related to Vaishakhi Purnima, such as: Birth, Buddhahood and Mahaparinibbana. Buddha's memorable Vaishakhi Purnima is also called the Buddha Purnima. Buddha Purnima is the main religious ceremony of the Buddhists. Internationally, this day is observed as the 'Veshak' day.

Many significant incidents of Buddha's life are related to Ashari Purnima, such as the receiving birth at the mother's womb, leaving home and the first preaching of religion. The Buddha preached Buddhism first to Five Great Disciples (Pancavaggiya Shishya) at Saranatha in Ashari Purnima. The Buddhist monks started Barshavasa (rain retreat) from Ashari Purnima.

There is also a nice story of Buddha's life in Bhadra Purnima. Once, Buddha was staying at Ghoshitarama Vihara of Koshambi. There, the monks were engaged in conflict. To teach the monks engaged in conflict, The Buddha went to the Paraleyya forest. There, a monkey offered honey to the Buddha. Subsequently, the monkey took rebirth in heaven for the virtue of offering honey. Bhadra Purnima is also called Madhu Purnima for this incident. The Buddhists donate honey on this Purnima day.

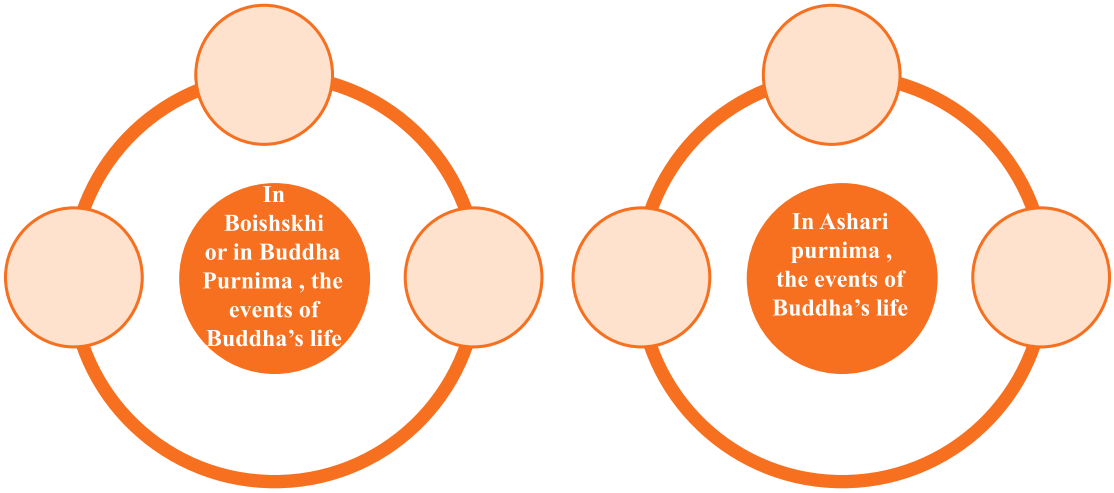
The Barshavasa (rain retreat) of the Buddhist monks induced by the Buddha comes to an end at Ashvini Purnima. During Barshavasa, the monks stay at Monastery or Vihara to practise meditation and learning. Ashvini Purnima is also called Pavarana Purnima. Sky Lamps or Phanus Bati are flown in Pavarana Purnima.

The Buddha declared the date of his Mahaparinibbana (great demise) at Maghi Purnima night at Chapala Cetiya. He said, "I shall obtain Parinibbana (death) next Vaishakhi Purnima."

The Buddhists observe Purnima festivals with great respect. Wearing a new or tidy dress, they go to Monastery with various offerings of puja on that day. Going to Monastery, they offer prayers. They receive Sila (precepts). They meditate. They donate and observe various religious rituals.

Individual work

Concept picture: Fill in the blanks with appropriate words.



Pair work

Making list: Discuss in pair and make a list of Purnima festivals.

List of purnima festivals
1. Vaishakhi purnima or Buddha purnima 2. 3. 4. . .

Importance of Worship (puja) and Purnima festivals.

The merits of worships and Purnima festivals are many. A deep respect for Tiratna is created through worship or puja. Religious consciousness is roused. The mind becomes polished, broad and sacred. Envy, adversity and greed are removed. The mentality of sacrifice is created. The mind is influenced to do good work. Sympathy for all creatures is created.

On the other hand, there is a relation between the life of the great Buddha and the Purnima Day. So, the Buddhists observe every Purnima Day with great respect and importance. Attending Purnima festivals, the Buddhists learn about many events of Buddha's life. They can learn Buddha's philosophy of religion and vision of life. They become inspired to follow the teachings of the Buddha. As a result, the importance of worship and Purnima festivals to the Buddhists is immense.

Worships, Festivals and Ceremonies of other religions



Picture-18: Worship and Festival of the other religions

Like the Buddhists, the followers of other religions also perform worship, religious festivals, and ceremonies. The main religious festivals and ceremonies of the Muslims are Eid-ul-Fitr, Eid-ul-Adha or the Qurban, Shab-e-Barat and Shab-e-quadar. The main worship, festivals and ceremonies of the Hindus are Durga puja, Saraswati puja, Lakshmi puja, Kali puja, Janmashtami (the birthday of lord Krishna), Ratha Yatra, Dol Purnima. The main religious festivals and ceremonies of the Christians are Christmas Day, Easter Sunday, Ascension, Sunday worship, Descent of the Holy Spirit and Eucharist.

Group work

Making list: Discuss in groups and make a list of the worship (puja), festivals and ceremonies of the followers of other religions (excluding Buddhists).

List		
Islam	Hinduism	Christianity

Religious and social amity with other religions

People in Bangladesh live in a peaceful and friendly atmosphere. They help and cooperate one another. They participate in one another's cultural festivals. Respect for other religions arises if one participates in other religious festivals. Amity and friendship are created with the people of all other religions by being respectable to other religions. Everyone loves his own religion, religious festivals and ceremonies. So, one should be respectful to the festivals and ceremonies of other religions along with the religious festivals of one's own religion. Cooperation, sympathy and social amity exist among us because the people of our country are respectful to the people of other religions. So we come to solve one another's problems. We help one another as there is social amity among the people of different religions. We, the people of this country, are living with peace and happiness.

Group work

Sentence writing: Discuss in groups and write five sentences on the usefulness of living together with the people of all religions.

1.
2.
3.
4.
5.

Exercise

A. Tick (✓) the correct answer:

1. What is the other name of Bhadra Purnima?
   a) Madhu Purnima
   b) Buddha Purnima
   c) Pavarana Purnima
   d) Dol Purnima

2. Which Purnima is related to the three memorable events of the Buddha?
   a) Ashari Purnima
   b) Maghi Purnima
   c) Vaishakhi Purnima
   d) Falguni Purnima

3. To whom did the Buddha first preach Dharma?
   a) Residents of Vesali
   b) Residents of Kapilavattu
   c) Residents of Rajageha
   d) Five disciples

4. Sky lamps are flown in _____ .
   a) Pavarana Purnima
   b) Vaishakhi Purnima
   c) Kartiki Purnima
   d) Falguni Purnima

5. Through worship and celebration, the mind becomes _____.
   a) beautiful and generous
   b) unwholesome
   c) restless
   d) free from greed

B. Fill in the blanks:

1. Each religion has different religious _____ and _____.
2. Worship is a _____.
3. The _____ of worships and Purnima festivals are many.
4. _____ for other religion arises if anyone participates in other's religious festivals.
5. Ashwini Purnima is also called_____Purnima.

C. Let's match:

1. By worshipping, the mind becomes	a. because the people of our country are respectful to the people of other religions.
2. Three major incidents of Buddha's life	b. at Saranatha in Ashari Purnima.

3. Cooperation, sympathy, and social amity exist among us	c. with great respect .
4. The Buddha preached Buddhism first to Five Disciples	d. are related to Vaishakhi Purnima.
5. The Buddhists observe Purnima festivals	e. pleasant to Tiratna .

D. Write the right/wrong:

1. Puspa Puja is performed both at the monastery and at home. Right/Wrong
2. The Buddha attained Buddhahood at Maghi Purnima. Right/Wrong
3. The Buddhist monks started Barshavasa from Ashvini Purnima. Right/Wrong
4. There is no merit in attending worship (puja) and Purnima festivals. Right/Wrong
5. The people of Bangladesh live in a peaceful and friendly atmosphere. Right/Wrong

E. Short questions:

1. Write the names of the main religious festivals of the Buddhist Community.
2. Write the verse of flower offerings or Puspa Puja.
3. Write some names of worships and festivals of other religions.
4. How is religious and social harmony established?
5. Write the names of worship and festivals in which you have participated.

F. Descriptive questions:

1. Write the significance of worship and Purnima festivals.
2. Write the rules of flower offering or Puspa Puja.
3. How do you perform flower offering or Puspa Puja?
4. Write five sentences on the advantages of living harmoniously with the people of other religions.
5. Describe a Purnima festival you have observed.

Chapter Eight



Holy Places of Pilgrimage

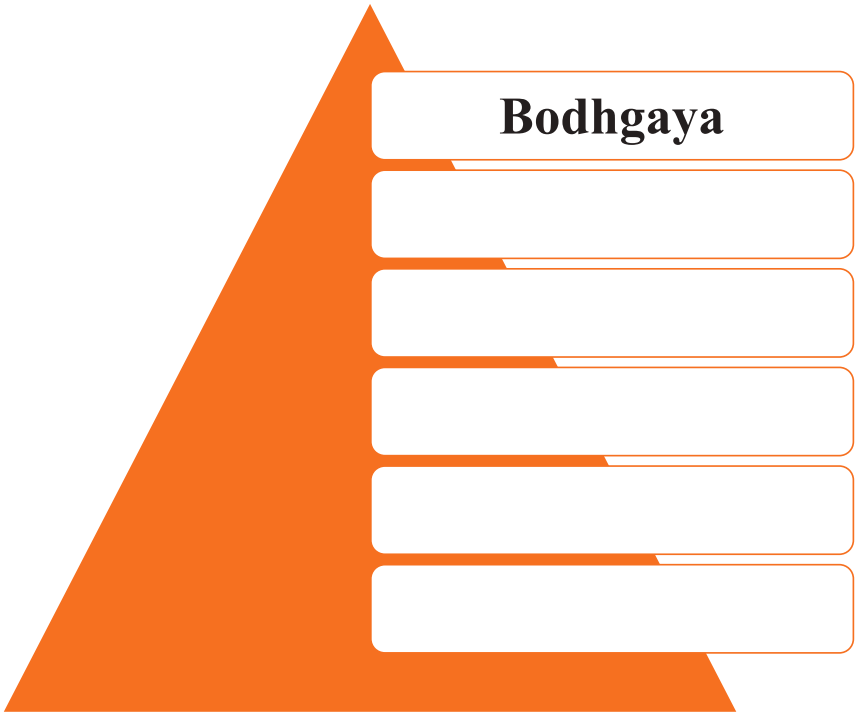
This chapter contains-

- What is holy place?
- Important Buddhist's holy places: Kapilavatthu, Rajageha, Savatthi, Vesali.
- Benefits of visiting holy places.
- Name of the holy places of the people of other religions.

Beli Chakma, Anindya Barua, Minuching Marma, Mari Khisha and Punna Tangchangya Studied at the same school. One day, Beli Chakma brought many pictures to school. They were the pictures of her grandmother's visiting holy places of Pilgrimage. They were looking at the pictures sitting round. Anindya Barua was looking at a picture attentively. Seeing the matter, Minuching and Mari asked, "Anindya! What are you looking attentively?" He said, "Do you remember that we read about Bodhgaya in the book where the Buddha attained Buddhahood? See, the grandmother of Beli went to Bodhgaya. All were looking at the pictures with great attention. Punna said, " Grandmother visited those places where the Buddha lived and gave religious speech. They were looking at the pictures of Beli's grandmother's visiting holy places of Pilgrimage attentively. At this moment, the teacher entered the class. Entering the class, the teacher said, "What are you looking at?" All replied together, "We are looking at the pictures of the holy places of Pilgrimage". Then the teacher said, " Today we will learn about the holy places of Pilgrimage. Before that, let us make a list of holy places of Pilgrimage that we know."

Group work

Making list: Discuss in groups and make a list of Buddha's holy places of Pilgrimage.



Holy Places of Pilgrimage

We know the names of many holy places of Pilgrimage. Now we will know what the holy places of Pilgrimage are. Generally, the places related to the memory of the preacher of religion are called the holy places of Pilgrimage. Holy places of Pilgrimage are very favorite to the people of all religions. All men consider visiting the holy places of Pilgrimage as a virtue. The Buddhists visit the holy places of Pilgrimage with respect. Many events of the life of the Buddha, disciples of the Buddha, and patron kings of Buddhism took place in many places. To make these places memorable, Monastery, Cetiya, Stupa, Stone Pillar, Commemoration etc. are built. The places related to the memory of the Buddha, the disciples of the Buddha and the kings are called the holy places of Pilgrimage. There are Buddhist holy places of Pilgrimage in various countries. But most of the important Buddhist holy places of Pilgrimage are situated in India. Every year the Buddhists from various countries come to India to visit the holy places of Pilgrimage to gain virtues.

Individual work

Draw a picture: Draw a picture of the holy places of Pilgrimage or the great places of Pilgrimage in the box below from the text.

Important Buddhist holy places of Pilgrimage

There are many Buddhist holy places of Pilgrimage. Among them, the remarkable places are Lumbini, Bodhgaya, Saranatha, Kushinagara, Kapilavatthu, Savatthi, Rajageha and Vesali. The Buddha was born in Lumbini. The Buddha attained Buddhahood in Bodhgaya. He preached religion in Saranatha first. He attained Mahaparinibbana in Kushinagara. These four important events of Buddha's life have occurred in four places. In the history of Buddhism, these places are known as the four great holy places of Pilgrimage. There are many memories of the Buddha, disciples of the Buddha, patronizing Kings and Businessmen (Sresthi) in many places such as Kapilavatthu, Rajageha, Savatthi and Vesali. There are many spectacular signs in these places. Now we will learn about Kapilavatthu, Rajageha, Savatthi and Vesali.

Individual work

Processing skill: Write the words given below in the proper places-

Lumbini, Bodhgaya, Saranatha, Kushinagara, Kapilavatthu, Savatthi, Rajageha and Vesali.

Holy Places of Pilgrimage	Great places of Pilgrimage
1.	1.
2.	2.
3.	3.
4.	4.

Kapilavatthu



Picture-19: Wreckage of ancient Kapilavatthu

Kapilavatthu is a holy place of Pilgrimage for the Buddhists. It is also a historical place. This place has a glorious history. Kapilavatthu is situated at the foot of

the Himalayas in Tarai reign. Kapilavatthu was an independent state at the time of the Buddha. The Shakyas lived in this state. King Suddhodana, the father of Siddhartha Gautama, reigned this state. There was a nice garden named Lumbini near this state. Siddhartha Gautama was born at Lumbini Garden. Siddhartha Gautama spent 29 years in this state before attaining Buddhahood. He has many memories of his life in this state.

Kapilavatthu is situated 23 kilometers away from the border station Nougar and 110 kilometers from the present Indian Gorakkhapur railway station. The remarkable spectacular places of Kapilvatthu are the ruins of the ancient Tilouracoat, an ancient Capital of the Shakyas, Saimer Temple or the temple of Queen Mayadevi, Sagarahava or the crematorium of the Shakyas, and the ruins of Ashok Pillar. Now, there is a Buddhist Monastery, which is known as Mangal Vihara.

Rajageha



Picture-20: Ruins of Rajageha

Rajageha is an important holy place of Pilgrimage related to the memory of the Buddha. Rajageha is situated 78 kilometers away from Bodhgaya, which is now known as Rajgrih. Rajageha is surrounded by five mountains named Baivar, Baipullya, Ratnagiri, Udayagiri and Shonagiri. Rajageha was the capital of Bimbisara, the King of Magadha. Constructing 'Venuvana Vihara' at Rajageha King Bimbisara donated to the Buddha and Bhikkha Sangha. Staying a long time

at Rajageha, Buddha delivered many sermons. Here, Sariputra and Moggallayana received initiation (Dikkha). Jivaka, the Doctors of the royal family, treated Buddha and Bhikkhu Sangha. He built a Monastery at the Mango Garden of Rajageha for Bhikkhu Sangha, which is known as Jivakaamravana (Mango Garden of Jibak). The first Buddhist Council was held in the cave of Saptapanni Cave of Rajageha. Now a wonderful world peace monument is established here.



Picture-21: World Peace Stupa

Savatthi



Picture-22: Ruins of ancient Savatthi

Savatthi is an important Buddhist holy place of Pilgrimage. There is a lot of memory of Buddha's life in this place. Savatthi was the capital of Prasenjit, the King of Kosala Kingdom. The present name of Savatthi is Sahet-Mahet. Now, the ruins of ancient Savatthi City are found in this place. The place is situated near the Balarampur rail station in Gonda district, Uttar Pradesh. Here Jetavana Vihara was established by Anathapindika. Buddha took 19 Barshavasa (rain retreat) in this Vihara. Robber Angulimala initiated to Buddha in this Vihara. Prasenjit, the King of Kosala Kingdom took refuge in Triple Gem or Tiratna to Buddha in this Vihara. He played an important role in preaching and spreading Buddhism. He built Rajakarama Vihara for the Bhikkhuni Sangha. Great worshipper and Great Devotee Visakha built Purvarama Vihara at Savatthi and donated it to the Buddha and the Bhikkhu Sangha. King Prasenjit's wife, Queen Mallika Devi, built a beautiful Vihara named Mallikarama Vihara for the Bhikkhuni Sangha. Coming to Savatthi on a pilgrimage, Emperor Asoka built a memorial Pillar for Sariputtra, Moggallayana, Mahakassapa, and Ananda Thera. The Buddhists from different countries come to visit Savatthi to earn virtue and pay respect to Buddha's memorial places.

Vesali



Picture-23: Vesali City

Vesali is an important Buddhist holy place of Pilgrimage. Now this place is known as 'Besar'. This place is situated in the Muzaffarpur district of Bihar. At the time of Buddha, Vesali was a prosperous city and the capital of Vijji and Licchavi nation. There are many memories of Buddha's life here. Here, there was a monastery of Sage Arar Kalam. Leaving family life, Buddha at first practised religious life in this Sage's monastery.

Once, there was a famine and epidemic at Vesali during the time of Buddha. To get rid of this problem, the people of Vesali invited Buddha. Buddha came to Vesali with his disciples. According to Buddha's advice, Ananda Thera recited Ratana Sutta and sprinkled water around the city of Vesali from Buddha's alms bowl. As a result, the people of Vesali were saved from famine and pestilence. The people of Vesali built the Kutagarasala Vihara and donated it to Buddha and Bhikkhu Sangha. Buddha first allowed the formation of the Bhikkhuni Sangha at Vesali at the request of Mahaprajapati Gautami and the disciple Ananda. Dancer Amrapali invited Buddha to the Amrakanan of Vesali. Listening to Buddha's religious sermons, she joined the Bhikkhuni Sangha. Buddha took his last Barshavasa at Vesali. He announced Mahaparinibbana on the day of Maghi Purnima at Chapal Cetiya of Vesali. After Mahaparinibbana, the people of Vesali built a Stupa with the ashes of Buddha. At Vesali, Buddha gave many religious sermons which are recorded in the Tipitaka. At present there are the Vesali Museum and the World Peace Pagoda.

Group work

Making list: Make a list of things and memorable places of Kapilavatthu, Rajageha, Savatthi, Vesali

Kapilavatthu	Savatthi	Rajageha	Vesali
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

Merits of visiting Holy places:

There are many holy places of Pilgrimage for the Buddhists. The Buddhists visit the holy places of Pilgrimage with respect to gain virtue. The merits of visiting the holy places of Pilgrimage are many. The merits of visiting holy places of

Pilgrimage are given below:

1. Respect for religion is created by visiting and watching the holy places of Pilgrimage.
2. The mind becomes broad and sacred.
3. The virtues are achieved.
4. Encourages honest living.
5. Interest in attending religious rituals and festivals is created.
6. History of the country, religion, and tradition can be learned.

Group work

Paragraph writing: Discuss in groups and write a paragraph on the feelings about visiting a holy place of Pilgrimage or a famous Buddhist monastery.

Holy places of the followers of various religions

People of other religions have holy places of Pilgrimage, as the Buddhists have. Now, we will learn about the holy places of Pilgrimage of followers of other religions. The Muslims have many sacred places. Remarkable of them are Makkah Sharif and Madina Sharif. The Hindus have many holy places of Pilgrimage. Remarkable of them are Gaya, Kasi, Brindavana, Kedarnath, Langolbandh, and Chandranath. The Christians have many holy places of Pilgrimage. Their remarkable holy places of Pilgrimage are Lud, Jerusalem, Rome, and Bethlehem.

The holy places of Pilgrimage are favourite to the Buddhists, just like the holy places of Pilgrimage or sacred places are favourite to the people of other religions. So we should be respectful and careful of the holy places of Pilgrimage or sacred places of the people of other religions.

Group work

Processing skill: Discuss in groups and write the holy places of Pilgrimage below in the right places:

Places: Gaya, Kasi, Brindaban, Kedarnath, Langolbandh, Chandranath, Rajageha, Bodhgaya, Madina Sharif, Lumbini, Lud, Kapilavatthu, Sarnatha, Makkah Sharif, Bethlehem, Jerusalem, Savatthi, Vesali, Rome, Kushinagara.

Holy places of pilgrimage/ Sacred places			
Buddhist	Muslim	Hindu	Christian
1.			
2.			
3.			
.			
.			
.			
.			

Exercise

A. Tick (✓) the correct answer:

1. Where are the most important places of Buddhist pilgrimage located?
   a) In Nepal b) In India c) In Myanmar d) In Tibet
2. Which monastery did King Bimbisara build in Rajageha?
   a) Venuvana Monastery b) Purvaram Monastery
   c) Amra Monastery d) Jetavana Monastery
3. Which Sutta did Ananda recite in response to the teachings of Buddha?
   a) Mangala Sutta b) Maitri Sutta
   c) Ratana Sutta d) Angulimala Sutta

4. Where was the Bhikkhuni Sangha established?
   a) In Bodhgaya b) In Rajageha c) In Vesali d) In Savatthi
5. What was the capital city of the Licchavi nation?
   a) Vesali b) Savatthi c) Rajageha d) Kushinagara

B. Fill in the blanks:

1. All people consider visiting the holy places of pilgrimage as a _____.
2. Kapilavatthu is a holy place of pilgrimage for the _____.
3. The first Buddhist council was held in the cave of _____ at Rajageha.
4 The great worshipper and devotee Visakha built _____ Vihara at Savatthi.
5. Buddha took his last _____ at Vesali.

C. Let's match:

1. Rajageha is an important holy place of pilgrimage	a. treated Buddha and Bhikhu Sangha.
2. Jivaka, the doctor of the royal family,	b. the holy places of pilgrimage or sacred places of the people of other religions.
3. Respect for religion is created by	c. was established by Anathapindika.
4. Jetavana Vihara	d. related to the memory of Buddha.
5. We should be respectful to and careful of	e. visiting and watching the holy places of pilgrimage.

D. Write the right/wrong:

1. Sidharta Gautama attained Buddhahood in Bodhgaya. Right/Wrong
2. The Buddha was born at Saranatha. Right/Wrong
3. The Buddha attained Mahaparinibbana in Kushinagara. Right/Wrong
4. The Buddhists visit the holy places of pilgrimage with respect. Right/Wrong
5. Savatthi was the capital of King Bimbisara. Right/Wrong

E. Short questions:

1. What is a holy place?
2. Write some of the names of important Buddhist holy places of pilgrimage.
3. Name the remarkable places to visit in Kapilavatthu, Rajageha, Savatthi and Vesali.
4. How did the residents of Vesali protect themselves from the problem of famine and epidemic?
5. Why is Rajageha considered a holy place of pilgrimage of the Buddhists?

F. Descriptive questions:

1. Explain why the four main pilgrimages are important.
2. Describe the benefits of visiting the holy places of pilgrimage.
3. How will you keep a pilgrimage or sacred place clean?
4. Write the names of pilgrimages in the correct columns below.

Places: Rajageha, Gaya, Bodhgaya, Madina Sharif, Lumbini, Kasi, Lud, Kapilavatthu, Brindaban, Sarnatha, Makkah Sharif, Bethlehem, Kedarnath, Jerusalem, Savatthi, Langolbandh, Chandranath, Veseli, Rome, Kushinagara.

Buddhist	Muslim	Hindu	Christian

Chapter Nine



Life and nature in Jataka

This chapter contains:

- Introduction to Jataka
- Life and Nature: Gridhra Jataka, Mitramitra Jataka and Brikkhadharma Jataka
- Human, Animal World and Nature

Discussing in pairs, let us make a list of the good deeds we have been inspired to do by reading or listening to Jataka.

List
1. _____
2. _____
3. _____
4. _____
5. _____

In this chapter, we will learn about the introduction of Jataka, the teaching and advice of the three Jataka and what has been said about life and Nature in Jataka.

Academic Year 2026

Introduction to Jataka

The name of the Holy Book of the Buddhists is the Tipitaka. The Tipitaka is divided into three main parts such as Sutta Pitaka, Vinaya Pitaka and Abhidhamma Pitaka. Jataka is the tenth book of the Khuddaka Nikaya belonging to Sutta Pitaka. So, Jataka is one of the religious books. The word Jataka generally means one who is Jata or is born. But in Buddhist literature, Jataka means the stories of Buddha's past life. It is known that Buddha was born 550 times as Bodhisattva. He was born in various forms: sometimes as a king, sometimes as a subject, sometimes as a god, sometimes as a rich man, sometimes as a man of noble birth, sometimes as a poor man, sometimes as a chandal, sometimes as a farmer, sometimes as a businessman, sometimes as a labourer, sometimes as a hawker, sometimes as a bird or animal.



Picture-24: Bodhisattva born as a monkey

In every birth, he fulfilled Parami (Perfection) by performing numerous good deeds. In this way, being born as a human being at his last birth, he completed Dasaparami or Ten Perfections and was known as Buddha by attaining

wisdom (Bodhigyana). Buddha used to deliver lectures to his disciples and followers on various occasions about his past life stories. Through these stories, he taught them to build up moral and humanistic life. He influenced them to refrain from evil deeds. Those stories are compiled in the book named Jataka.

There are 550 Jatakas mentioned in Buddhist literature. But presently, 547 Jatakas are compiled in Bengali translation. There are various teachings in every Jataka. Jataka teaches human beings to be a man of good character. It also teaches us to be moral, humane, righteous, generous, altruist, tolerant, restrained, selfless, etc. Each Jataka has a piece of important advice. The advice of Jataka influences human beings to be generous to life and nature. Jataka keeps us aloof from evil deeds and inspires us to do good deeds. So, every man should read or listen to Jataka.

Name of Jataka	Advice
Serivanijja Jataka	Grasp all, lose all.
Bak Jataka	Too much cunning overreaches itself.
Nakhattra Jataka	Good deeds have no expiry date.
Kalkarni Jataka	A friend in need is a friend indeed.
Sukhvihari Jataka	Real happiness is not in consumption but in sacrifice.

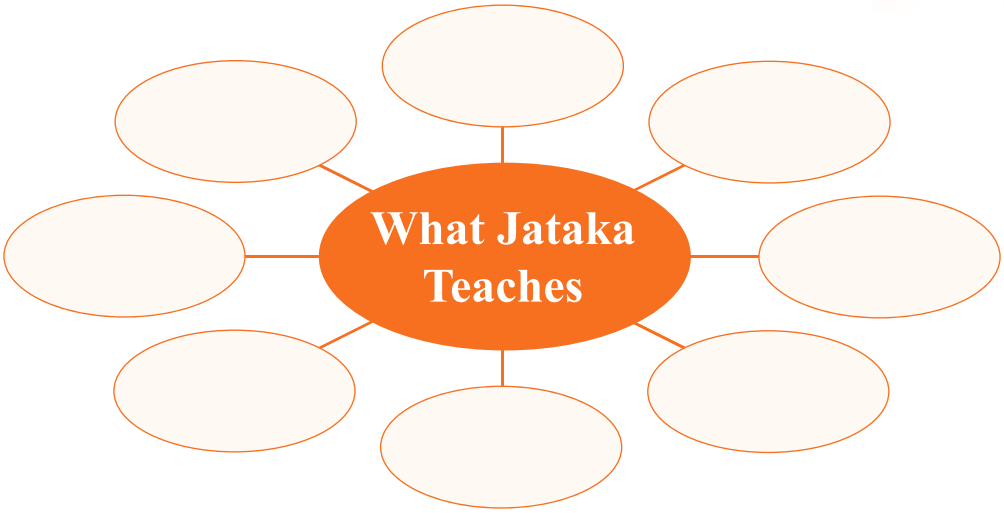
Group work

Making list: Discuss in groups and make a list of forms Buddha was born in his past birth.

List
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Pair work

Mind Mapping: Fill in the blanks with appropriate words.



Life and Nature

There are many things to teach in Gridhra Jataka, Mitramitra Jataka, and Brikkhadharma Jataka. Today, we will learn about life and Nature by studying Gridhra Jataka, Mitramitra Jataka and Brikkhadharma Jataka.

Gridhra Jataka



Picture-25: Vulture caught in hunter's trap

In the past, during the reign of Brahmadatta, the King of Varanasi, Bodhisattva was born in the Gridhrakut mountain (Gridhra means Vulture) as Gridhra. His parents brought him up with utmost love. Growing up, Bodhisattva as Gridhra (Vulture) used to bring meat from various places to feed his parents. In this way, Bodhisattva Gridhra started to support his parents. At that time, a hunter occasionally set traps at the crematorium of Varanasi to catch Gridhra. One day, when the Bodhisattva entered the crematorium to look for meet, his feet got stuck in traps. Without thinking of his own freedom, he remembered his old parents and lamented; "Alas! How will my parents live? They will not know that I have fallen into a trap. They will be waiting for food. They will starve to death if I do not return with food."

The hunter became affectionate to Gridhra lamenting for his parents' sustenance. Releasing Gridhra, the hunter said, "Go back to the mountain cave. Take care of your parents. Make your relatives and friends happy."

After being freed, Bodhisattva returned happily to the mountain cave with meat and began to support his parents.

Advice

Everybody should be responsible to his parents.

Individual Work

Sentence Writing: Write five sentences about how we will serve our parents after growing up.

Individual Work

Paragraph: Write a paragraph below on the topic-'One should not hunt animals and birds.'

Mitramitra Jataka



Picture-26: Good friend



Picure-27: Bad friend

In the past, during the reign of Varanasiraj Brahmadatta Bodhisattva was the financial and religious advisor of the King. He had many other Ministers. King Brahmadatta loved an advisor very much and believed him because that advisor was very faithful. He helped the King relentlessly in all tasks. He kept himself aloof from the tasks that could spoil the King's reputation. As the King loved him very much, other advisors envied him and started muttering many slanders about his name. One day, they said to the King, "Maharaj, such an advisor is not beneficial to you. He is your enemy". But after investigation, the King found no fault in that advisor. Then he thought, "I do not see any fault of this advisor. How will I know who is a friend and who is an enemy?" The king went to the advisor, Bodhisattva, to know the matter. Bodhisattva suggested the King sixteen signs to know friends and enemies. Some signs of friend and enemy are given below:

Signs of an ally:

1. Your Majesty (Maharaj)! A person who enjoys your achievement and success is an ally.
2. A person who is happy with your happiness is a friend.
3. A person who considers your ally as a friend is an ally.
4. A person who rejects your enemy is an ally.
5. A person who protests criticism about you is an ally.

Signs of an enemy:

1. Your Majesty (Maharaj)! A person who has no smile on his face to see you is an enemy.
2. A person who is not happy to hear your praise is an enemy.
3. A person who turns away his eyes to see you is an enemy.
4. A person who says the opposite of what you say is an enemy.
5. A person who becomes jealous of your achievement and success is an enemy.

[* The above-mentioned signs of ally and enemy are applicable to all.]

Advice

One should accept the ally and reject the enemy.

Group work

Making a list: Discuss in groups and make a list of people with whom we should not make friends.

List
1. _____
_____
2. _____
_____
3. _____
_____
4. _____
_____
5. _____
_____
6. _____
_____

7. _____

_____

8. _____

_____

9. _____

_____

Brikkhadharma Jataka



Picture-28: Branches, bushes and vines of plants are intertwined



Picture-29: The tree was broken due to being alone.

In the past, during Buddha's time, there was a great quarrel among the kings over the water of the river Rohini. They were acquaintances and relatives of one another. Hearing the quarrel, Buddha appeared on the bank of the river Rohini and addressed the kings:

"Maharajas, give up the conflict among relatives. You should live in harmony with one another. If there is unity among the relatives, the enemy cannot do any harm".

There must have unity among trees, let alone human beings. Once, there was a severe storm in a Salavana in the Himalayan Province. Not a single tree fell to the ground in the storm because the branches of the tree, bushes and vines were intertwined. There was only one large tree in that place. This tree fell to the ground because it was not united with other trees. Therefore, Maharajas! You should also live in harmony with one another.

Therefore, at the request of the relatives, Buddha delivered Brikkhadharma Jataka, which is given below:

In the past, during the time of Varanasiraj Brammadatta, God Vaisravana ruled the Deva Kingdom. After his death, Devaraj Shatru handed over the Kingdom

to another God. The new God commanded the Gods living in trees, bushes and vines, "Build houses wherever you like and live ." At that time, the Bodhisattva was living in the Himalayas as a god of trees. He told the gods, "You will not destroy the trees while constructing house. I am living in Salavana. Live around the Salavana." Those who were wise among the tree gods did as the Bodhisattva suggested. Those who were stupid said, "Why should we live in the forest? How many advantages are there to live in the villages of localities, cities and capitals? The gods who live in such places receive gifts from the devotees." Saying this, the foolish gods, going to the localities, started living in the trees there. Incidentally, one day, there was a storm and heavy rainfall in that place. The tree had many branches and strong roots. They could not withstand the speed of the storm because they were not attached to one another. The branches broke and fell to the ground. But when the storm appeared in the forest of interlocking Sala trees, it could not do any harm, not even to a single tree in spite of repeated blows. Then, the gods of the broken house went to Salavana of the Himalayas with their sons and daughters and told about their sufferings to the gods of Salavana. The gods living in the Salavana conveyed their sufferings to Bodhisattva. After listening to them, Bodhisattva said, "They have suffered so much because they did not accept my good advice." Bodhisattva delivered the religious verse (Dharma Gatha) to them, "No danger comes if you live by embracing one another like the trees in the forest. There will be no fear of the enemy. Danger comes if we live alone. It is difficult to avoid them. It is good to live unitedly without quarrels."

Advice

Unity is strength.

Group work

Sentence writing: Discuss in groups and write five sentences on the usefulness of living together.

1.
2.
3.
4.
5.

Teaching of Jataka:



Picture-30: Sitting by the river, Buddha is advising the Kings to use water together.

There is a deep relationship among human beings, animals, and Nature. We can know this by reading Jataka. By reading Gridhra Jataka, we know that birds and animals have families like human beings. They rear their children up with great affection. Their children also support their old parents like human beings. As human beings love their family members, so do birds and animals. Birds and animals suffer as human beings suffer when a family member is lost, dies or is injured. So birds and animals should not be hunted.

By reading Mitramitra Jataka, we can know who is an ally and who is an enemy. An ally always does good. He praises good deeds. He protects us from danger and guides us to the right path. On the other hand, the enemy does harm. He condemns even if one does good work. The enemy keeps himself aloof at times of danger and guides him to the wrong way. So friendship should be made by knowing the signs of ally and enemy.

From the Brikkhadharma Jataka, we learn that unity is power. Not a single tree fell to the ground in the storm because the bushes, vines, and branches of trees were intertwined. On the other hand, a large tree with numerous branches and strong roots fell to the ground in the storm because of being alone. So we should live together in harmony with one another. Enemy can not do harm if we live together. During Buddha's time, there was a quarrel among the kings of different kingdoms over the water of the river Rohini.

The kings were relatives of one another. Buddha advised them to give up their quarrels and use the water of the river Rohini in harmony without wasting it. After listening to Buddha's advice, they used water together and starded living unitedly as they were living. Another name for water is life. We use water every day for various purposes. For example, we drink water, bathe with water, wash furniture, and irrigate land to grow crops. So everybody should use water without wasting it.

Exercise

A. Tick (✓) the correct answer:

1. How should we behave with the enemy?
   a. criticise b) reject
   c) envy d) embrace

2. How many Jatakas are there in the Tipitaka?
   a) 530 b) 540
   c) 550 d) 560

3. "Real happiness is not in consumption but in sacrifice."- which Jataka contains this advice?
   a) Sukhvihari Jataka b) Nakhattra Jataka
   c) Bak Jataka d) Singhcharma Jataka

4. What does a friend do?
   a) favour b) harm c) criticize d) envy

5. Who advised the residents to use the water of the Rohini River together in harmony?
   a) King Bimbisara b) King Prasenjit c) The Buddha d) King Suddhodana

B. Fill in the blanks:

a. Bodhisattva told the king about _____ signs to know friends and enemies.

b. Birds and animals should not be _____.

c. Everybody should be _____ to his parents.

d. A friend in _____ is a friend indeed.

e. The advice of Jataka influences human beings to be generous to _____ and _____.

C. Let's match:

1. There is an intimate relationship	a. live together in harmony.
2. We should	b. use water without wasting it.
3. An enemy cannot do harm	c. so do birds and animals.
4. Everybody should	d. among human beings, animals, and nature .
5. As human beings love their family members	e. if we live in .

D. Write the right/wrong:

1. Birds and animals have families like human beings. Right/Wrong
2. The birds also rear their children with great affection. Right/Wrong
3. Bodhisattva told the king about the sixteen signs to know friends and enemies. Right/Wrong
4. Enemies protect us from danger. Right/Wrong
5. Friendship should be made by knowing the signs of friends and enemies. Right/Wrong

E. Short questions:

1. What lessons does Jataka teach?
2. What can we learn from Gridhra Jataka?
3. In your opinion, what kind of people should be your friends?
4. Write the religious verse (Dharma Gatha) delivered by Bodhisattva in the Brikkhadharma Jataka.

5. Write which Jataka contains each of the following advice:

Name of Jataka	Advice
	Grasp all, lose all.
	A friend in need is a friend indeed.
	Too much cunning overreaches itself.
	Real happiness is not in consumption but in sacrifice.
	Good deeds have no expiry date.

F. Descriptive questions:

1. Write five sentences about "Birds and animals should not be hunted."
2. Write three signs to recognize a friend and three signs to recognize an enemy.
3. Write five sentences about the benefits of living in harmony.
4. What advice did the Buddha give to the kings hearing about the quarrel?
5. How will you follow the lessons from the Gridhra Jataka in your life?

THE END

Academic Year 2026, Class Three – Buddhist Religion

The killing of living beings is a great sin.
– Gautam Buddha



National Curriculum and Textbook Board, Bangladesh

For free distribution by the Government of the People's Republic of Bangladesh